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# Grass Roots

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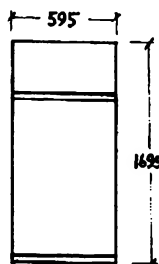
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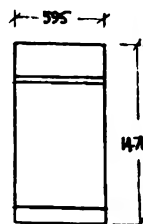
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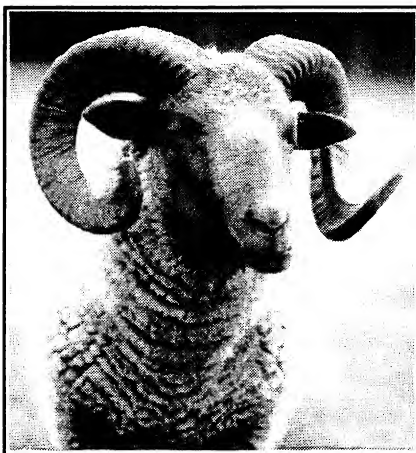
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## COVER PHOTOS

**Front Cover:** Russell Island is less than one hour from Brisbane by barge, but it is a paradise of beauty, productivity and peace. Read Trev Wilkins description of the perfect lifestyle on page 6.

**Back Cover:** Earth Sanctuaries is dedicated to saving Australia's most valuable resource, it's wildlife, by establishing sanctuaries for endangered species. See *Grass Roots* reader Fia Clendinnen's story on her visit to Yookamurra Sanctuary on page 13.

Edited by Megg Miller and Mary Horsfall.

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It's just as well Christmas and its accompanying holiday period are imminent, the last few weeks have been bedlam and we all need time to recover and recharge. Every now and then the magazine production process goes haywire – if something can go wrong it will. Nothing major fortunately, but silly irritating things that are exasperating and usually avoidable. For example, we discovered a lost page in the paper bin, and the extra pages added to the mag as a Christmas bonus confused page numbering, resulting in time-consuming but hilarious moments trying to sort Feedback out. At one stage David had even misplaced the front cover photo. If all this wasn't enough, Helen and I managed to get the display adverts in total disarray, with duplicates of some and even triplicates of a particular one. Phew! I think we've managed to pull it all together to create a great magazine but must endorse Mary's weary comment at the end: there must indeed be an easier way to make a living.

With our office located in the rural countryside we don't have callers popping in as we would if we were in town and as well are unable to participate in training schemes or provide work experience for students. We were able to get around the travelling problems recently and spent a lively week introducing a year 10 student to the vagaries of publishing. Megan proved a charming

teenager who fitted easily into the office routine and ably handled the work she was given. With so much in the media currently on young people's lack of manners and motivation it was encouraging to see firsthand that courteous enthusiastic kids still exist. I think Megan favours the food industry as a career preference, not publishing, but whatever path she takes she is likely to be successful.

I often make reference to the uniqueness of our readers and how their lifestyles and personal qualities set them aside from the more numerous run-of-the-mill component of the population. The many letters we receive and the presentation of some articles endorses this. We receive wonderful hand-written notes, sometimes penned in the colours of the rainbow. Articles arrive written not just across the page conventionally but running around all four sides as last minute thoughts crowd into the author's mind. Poor Mary is sometimes found rotating the page in a complete circle. Much of the paper is recycled, and displays the most intriguing printed matter on the reverse side. A recent letter caused smiles all round and was a first up. The bottom of the page was tattered and disfigured and bore the following apology, 'Excuse the teeth marks of my little budgie. Mima loves to help me write letters!'. Such a comment could only come from one of our readers. The

wonderful qualities of the GR community are exemplified in the nominees for our annual awards. Your votes have been counted and winners named, and we congratulate not only those you selected for readers' choice, but all nominees. Your hard work and commitment to building a better world inspires us all.

Being our final issue for the year and a time when serious issues are put temporarily aside, I thought it appropriate to share an occasion that brought me great joy and sheds light on another group of exceptional people. I'm not bashful about my age so can own up to a relatively recent 50th birthday. I'd detected secrecy in the office prior to this event and, with probing, uncovered plans for a luncheon. Fine. I was unprepared, however, for the eventful day. My sneaky co-workers decorated the office, embarrassed me with gifts and caught me unawares by inviting past staff to share the day. I'm easily overwhelmed so spent the day bursting into tears of surprise as people walked into the office at half-hour intervals. Just when I thought I had myself together another old friend came through the door. What can I say but use the opportunity to thank them publicly for their thoughtfulness, congratulate them on their mastery of intrigue and suggest it is no wonder *Grass Roots* is such a warm and satisfying magazine to read. With people like this behind it, it's just got to be great! Merry Christmas from us all.



Friends old and new. Back row from left: Marg, Chris, Marg, Megg (the birthday girl), Mary, Kerry.  
Front row from left: Jen, Helen, Gail, Nicky (Celia's son), Celia, Kim.

# RUSSELL ISLAND

## A MALIGNED PARADISE

By Trev Wilkins, Russell Island, Qld.

The search for their 'slice of paradise' takes many readers on some fascinating and frustrating journeys. When Trev Wilkins decided he needed a waterfront address from which to operate his business he was almost ready to abandon hope of finding a suitable, affordable spot in Australia. Until, that is, a friend introduced him to the 'secret' attractions of Russell Island. Now he shares the secret with *Grass Roots* readers. If you are having trouble finding your paradise it could be worth investigating. Or if you just want to dream a little . . . read on.

'Pssst! Yes, you. Wanna buy some cheap blocks of land on a tropical island? Good soil, all amenities, water views. Just plant your seeds and jump back! Would I lie? This is Joh country and I'm a land agent! Just sign on the dotted line. No worries; the deed's in the mail.' And that folks is just one version of how beautiful Russell Island, my home for a little over a year, gained its bad name.

Here's another: 'You see, the whole island was surveyed from the air at high

tide and a lot of blocks were sold off the plan, sight-unseen to people in Melbourne and Sydney. Quite by accident, it just so happened, that some of those blocks were under water at king high tide. There were no guilty parties only injured parties. . .'

You work it out. Even one of the longest court cases in Australia's history could not. The truth is that this very same island, described in a turn-of-the-century newspaper article as the 'Gem of Moreton Bay', has in recent years been

associated with some very bad publicity. Russell Island is my home and each morning I look around and feel like pinching myself to see if I'm not dreaming, or – maybe dead and gone to heaven.

For six years I searched the east coast of Australia, up and down its many river banks and inland dams for some place special, unpolluted yet affordable. My business (Canoeworld) is designing canoes and selling construction plans for same. I needed a secluded waterfront block with a boat shed/inventor's work-



The family, including pooch, enjoys the friendly island lifestyle and the variety of home grown food produced in a garden of subtropical luxuriance.



shop and a nautical postal address that would look good on the internet. Soil was not a problem. Even though I can't live without my own homegrown fruit and vegetables, I knew that if I had to I could always have some semitrailer loads of fertile soil trucked in. My budget: \$75,000 cash.

Chicken feed, a laughable amount it seems, to those in the business of selling Australia to whoever can pay the most. I'd given up and was actually looking at the possibility of moving to the Philippines when a friend suggested I should 'have a look at Russell Island'.

The scenic barge trip through the 'bay islands' was a delight and as I drove around Russell Island I felt that I had been transported back through time 30 years. Everything seemed slower, the air seemed cleaner, everyone waved and smiled, real smiles like those of old friends. Total strangers (of either sex) struck up conversations. What a contrast to the people where I was living at the time.

Eye contact and idle chit-chat is definitely a 'no-no' in Annerley, Brisbane, which had just been reported in the media as Australia's most dangerous suburb in which to live. Yet Annerley is little more than a 15 minute (\$3), high-speed passenger ferry trip and a 45 minute drive from Russell Island. It has a proliferation of modern, competitive shopping centres and gas stations along the way. I feel I have the best of both worlds and Russell Island is the best kept secret. Shh! Please don't tell your friends. Unless of course they are Grassrooters like you and me.

For my \$75,000 I ended up with three very private blocks, a workshop, two very modest fibro fisherman's cottages, established fruit trees, and, through the tea trees and mangroves, water views and a white sandy beach. I also have a team of bandicoots that dig up my garden every night and a kangaroo named Victa who mows and fertilises my lawn for free. Every morning I fill in the bandicoot holes with kangaroo poo and pop in a few seeds, pawpaw, zucchini, pumpkin, watermelon etc. The higher than average for the area rainfall takes care of the rest. Now is that a no-dig, no-fuss, edible-jungle, organic garden or what?

I have gardened on my small patch of island through summer, autumn and winter and so far I have encountered no downy mildew or leaf miners (touch wood). Never would I ever consider



Chemical-free food is easily grown, with few pest problems.

The quail are healthy and contented too.

spraying, as cancer is endemic in my ex-farming family. Thankfully I can now, for the first time in decades, enjoy broad-leaved fruits of the land that in my previous mainland gardens just withered and died, riddled with rot or cloaked in the dreaded white plague.

The island is a bird sanctuary and there is a proliferation of birdlife; birds I have never seen before such as curlews, and others I haven't seen since my childhood: quail, willy wagtails, pee wees, blue wrens and a plethora of beautiful finches. Their company and music both day and night is a constant source of enjoyment.

Before the advent of the motor car the waterways around Russell Island were the main freight and commerce routes to areas south of Brisbane. As Russell Island possessed some of the richest soil with easy access to Brisbane it was only natural that farming and fruit growing should thrive. The pineapple cannery, the sawmill, the picture theatre, the original settlers and their original farmhouses have all perished beneath the scythe of time, but the good fertile earth remains.

Why then is it still possible to buy 600 square metre building blocks on Russell Island for under \$3000 each? Don't believe it? Well then, just look up the real estate ads in the *Queensland Trade-in Post* and *The Brisbane Courier*

*Mail*. There is still a lot of quality land and many old and new houses for sale at a fraction of mainland prices.

Cleared or well treed, take your choice. Well above, but often within sight of, water, this land today would have to be the best value residential land, and the best kept real estate secret in Australia. Every block has town water, phone and weekly garbage collection. The roads are excellent and regularly repaired. As well as immaculately maintained primary and pre-schools, the population of 900 Russell Islanders enjoy peace and quiet, a bowls club, Lions club, RSL club, community hall, library, ambulance, bus and taxi services, post office, doctor, chemist, plant nursery, hardware store, hairdresser, church, bakery, two grocery shops, service station, restaurant, real estate agents, art/glass gallery, boat ramp, salt-water swimming pool, jetty, Royal Yacht Squadron, concrete plant, sports fields. All this and employment opportunities in nearby Brisbane and the Redland Shire in between, an area that is fast becoming the most go-ahead area of Queensland.

Once a house is erected on Russell Island it only takes a phone call by the owner/resident to the Department of Natural Resources to have extra blocks amalgamated into one with a big saving

in rates. This process is not irreversible. And the best news yet: compost toilets are allowable. Hallelujah for that! As a licensed plumber/ drainer of thirty years I had always suffered guilt pangs after pushing the cistern button in Toowoomba knowing full well that my 'business' was on it's way to Adelaide, after being 'treated' of course.

Environmentally aware island residents fear that any more septic systems will seep effluent down to the water table and pollute the ground water.

Of all the places I have lived, Russell Island is by far the easiest place to become self-sufficient, taking into account the fact that the shallow, mangrove-lined waters (too shallow for trawlers) near the island are home to fish of every type. Giant sea turtles and dugongs are a common sight. The southern end of Russell Island looks out over the famous Jumpin Pin fishing grounds, yet the high-rise buildings of Surfers Paradise can be seen on the far horizon. There are 365 uninhabited islands between Russell Island and the Gold Coast as well as special fish breeding sanctuaries such as Swan Bay where thousands of black swans come to moult. It is an aquatic playground for rich and poor alike. Each weekend million-dollar yachts and houseboats mix it with \$200 tinnies and canoes.

Long-time islanders boast about their permaculture-style home gardens. 'Everything will grow here, I never have to spray,' is the most common quote. But 'broadacre' commercial growers have a different story, in fact those I've spoken to have all but given in to the bugs. 'I can't afford the special spray equipment and full-length protective suits you need these days,' one despondent grower said. But small-scale spraying does go on, 'every fourteen days - to produce a marketable product' warns an ominous roadside sign. Yet there are many residents who live on Russell just because of its low pollution levels. 'Whenever I go to the mainland I get sick and suffer from headaches,' says Kevin Gadd who has been diagnosed with multiple chemical sensitivity. 'Here we live virtually pollution free.'

Russell Island is approximately 11 kilometres long and five kilometres wide. Soil types run the full spectrum from rich red volcanic and black alluvial soil to solid sandstone rock, yellow, white and red clays, glistening white silica sand, red sand, salty tea-tree marsh soil; and often a combination of all the above.

I have noticed that many vegetables and fruit trees have escaped into the wild and grow on the island 'naturally' and as carefree and disease free as mangroves and gum trees. These include bitter melons, pumpkins, watermelons, lettuce and endive, cucumbers, sweet potato, cherry tomatoes, lady-finger bananas, pecan nuts and the most succulent and sweet warragil spinach that thrives best (no insect-chewed leaves) close to the water where it's exposed to salt wind and spray. So you see that with little effort you can have fresh fruit and vegies all year round.

There is no butcher on the island, but who needs beef, pork, or mutton when you always have a freezer full of chemical-free hormone-free, straight-from-the-ocean fish? There are so many varieties of fish to be caught that you never get bored with one taste, and of course to add variety (if you have fussy kids like mine), you can always cook your fish (or prawns and mud crabs - mustn't forget mud crabs, yum!) by boiling, steaming, baking, frying, smoking, barbecuing. To each his own.

There is no high school on the island and secondary school students travel to and from the mainland every day by high-speed catamaran. Coach and ferry transport for island children is absolutely free, courtesy of the Queensland

state government. Car ferry fare is \$37 return (sixth trip free); high-speed catamaran passenger ferry is \$30 for five return trips or \$5 one way.

Where is Russell Island? Well to anyone under 20 years old it's easiest to say it's north of Seaworld and east of Dreamworld and Movieworld. Actually Russell Island could be described as a future suburb of Brisbane surrounded by water. A bridge connecting Russell Island to the nearby mainland was planned many years ago but is no longer on the drawing board. A subject of local conjecture is whether to bridge or not to bridge. Many islanders want their home to stay just that - an island.

Before anyone considers buying land on Russell Island I recommend that they do as I did: check the tide times and spend a couple of days on the island fishing and sight-seeing during the period of the highest tide of the year. The friendly local Redlands Council counter people at nearby Cleveland are a mine of advice and information when it comes to building rules and regulations.

There is no camping ground, caravan park or motel on Russell, but there are 'The Cabins', a collection of small self-contained huts in which to stay weekly or overnight. Phone prebooking would be wise. But please, don't tell your friends.

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## A BERRY PLEASANT DRINK

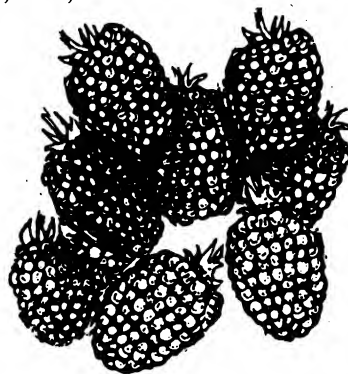
By Anna Greenhouse, Berri, NSW.

With berries bearing well and Christmas ahead, do not forget how easy it is to make raspberry vinegar. Of course you can substitute blackcurrants and even blackberries if you want to. It makes a refreshing summer drink, made to the proportions of one tablespoon vinegar to a glass of chilled tank or soda water.

### Vinegar Recipe

- 1½ kg fresh raspberries
- 4 cups white wine vinegar
- sugar appropriate to liquid

Put berries in a large china bowl, cover with vinegar and set aside in a cool place for ten days. Gently stir mixture daily. Protect the bowl with a tea towel.



Strain contents through a fine sieve allowing the fruit to drain. Measure the liquid, allowing 500 g sugar per two cups liquid. Bring raspberry liquid to the boil, add sugar, simmer for 10 minutes, skimming when necessary. Cool, bottle and stand in a cool place.



# 'GRASS ROOTS' AWARDS

We've come to the time of year when we have the happy duty of announcing the winners of the *Grass Roots Awards* for 1997. During the year readers nominated those GR people they saw as deserving of special recognition for their achievements in the categories of lifestyle, innovation, good samaritan and community service.

In the previous issue (GR 123) we listed the nominees and asked readers to send in their votes. We thank everyone who participated by nominating or voting and congratulate all the nominees on having their contributions recognised.

Now, we proudly announce the winners of the 1997 *Grass Roots Awards*.

## LIFESTYLE

The winner in this category is Athol Walter. In GR 118 Athol shared with us his experience of auctioning his suburban house in Newcastle, NSW. His humorous, clear-sighted advice was obviously appreciated by many readers. He followed this up in GR 119 by describing the transition to the country lifestyle he had long aspired to, and his realisation that this truly was a new beginning with many exciting possibilities now becoming available. Nominees and voters alike wrote of their admiration of the courage shown by both Athol and his wife in following their long-held dream. What choices did you make Athol? We look forward to hearing from you again

and learning about how your new lifestyle is developing.

## INNOVATION

The winners in this category are Cheryl and Mick Smith who wrote in GR 121 about their organic pig farming venture. Beginning with four sows and a boar on their 50 acres at Ashford, NSW, they have built up a free-range, organic enterprise that now sells through several organic retail outlets. Sceptics were many and information thin on the ground when they began, so they observed their stock and developed their own commonsense methods as they progressed. They are especially pleased at being able to supply a residue-free product for cancer sufferers and those with chemical sensitivities. Their innovative efforts are obviously very highly regarded by GR readers.

## GOOD SAMARITAN

The winner in this category is Christine Berry, for her ongoing rescue work with donkeys. Christine is not a recent contributor to GR, but her enthusiastic work over many years is recognised and appreciated. In GR 104 she wrote about keeping and caring for donkeys and about the Good Samaritan Donkey Sanctuary she runs at Maitland, NSW. Here over 90 donkeys (victims of neglect, misinformation and mismanagement) are cared for at any one time by Christine and a team of volunteers. Donkeys

placed in approved foster homes are also visited on a regular basis to ensure that ongoing care is provided. Christine and other volunteers spend hours with each donkey and travel hundreds of kilometres in their good samaritan work.

In GR 106 Christine wrote about using donkeys as guard animals for other stock. This award indicates that donkey lovers are legion amongst GR readers.

## COMMUNITY SERVICE

The winner in this category is the inimitable Roberino. For many years Roberino has enthralled and amazed us with his frequent contributions of ideas for recycling everything from wine cask bladders as life rafts to one and two cent coins as buttons. This year we have featured an article by Roberino in each issue under the heading 'Recycling Runs Riot' which we think aptly describes the variety, novelty and zaniness of his ideas. He has become known around the office as 'The Recycling Guru'. We don't know where his ideas come from and he doesn't either (we asked), but GR readers have taken them to heart and incorporated them into their lives.

Congratulations to all this years winners. We are happy to applaud your wonderful achievements. All winners will receive a *Grass Roots* Award certificate and a \$200 Going Solar gift voucher. Thank you to Going Solar for their generous co-operation.

## 'Do You Have Cows or Horses?'

'You Do!'

'Well, you'll be needing a copy of Pat Coleby's Healthy Land for Healthy Cattle, or, Natural Horse Care. It will keep them happy and in top condition the natural way'.

See last page of GR for details



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# THREE SIMPLE FLY TRAPS

by John Tucker, Capel, WA.

These traps I have made have proven to be very effective out in the paddock for the control of flies in my sheep flock. As bait for all three you need something dead and smelly (a bunch of lavender won't do), liver is very good.

## TRAP ONE

The first trap is made in an open 200 litre drum and catches thousands of flies. I've always reasoned that if they are in the trap they are not on your sheep.

Make a cone shape from a piece of 1.2 x 1.2 metre flywire, leaving a 19 mm hole at the apex of the cone. Place the top section of a two-litre softdrink bottle in the centre of the cone.

Tie a length of wire, with 19 mm nuts attached to each end, around where the softdrink bottle is inserted in the flywire. The nuts are suspended inside the drum and keep the flywire taut.

Put bait in the drum. Suspend flywire in the open end of the drum, folding back edge of wire over the outside of the drum and holding it in place by string tied around the outside.

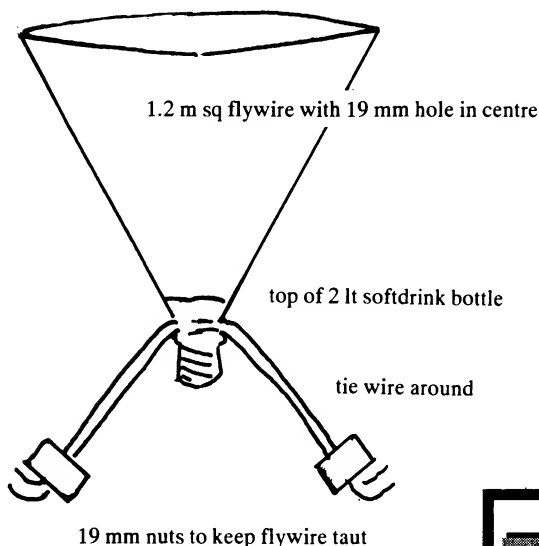
Once made the trap should be put out in the paddock where your stock camp in the daytime. The results for me have been spectacular.

## TRAPS TWO AND THREE

The other two traps are made from common items that can be found just about anywhere (refer to diagrams). Both are very successful when placed near stock camps or holding areas and can also be used around the outside of the home. Once the traps are full the softdrink bottle-type can be disposed of and the jar-type can be emptied and re-used; it's up to you.

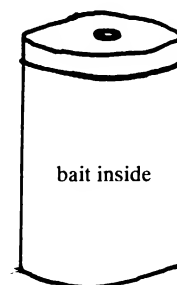
These traps aren't going to wipe out the flies, but at least they don't get it all their own way.

Trap One



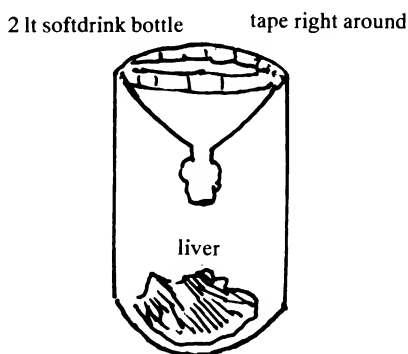
Trap Two

10 mm hole pierced in lid



pickle jar or similar

Trap Three



top cut off and suspended upside down inside bottle

## WEED-FREE TREES

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GRASS 10 ROOTS

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# CREATIVE CHRISTMAS STOCKINGS

by Kate Schneider, Ringwood North, Vic.



It just wouldn't be Christmas without the traditional Christmas stocking, and the glee on the children's faces as they come out Christmas morning to a stocking bursting with surprises. But have you ever wondered how it all started, or really considered the extensive design and variety that has developed from what began as a humble sock?

The legend goes that St Nicholas, who was famous throughout his life for doing good, took it upon himself to give some gold to three sisters who were desperately poor and in need of help. It was by chance that when he threw the gold into their home overnight it landed in their stockings which were drying by the fire. When St Nicholas became linked with Christmas there formed a natural association with the Christmas stocking. This has been carried on to the present day with the children's traditional belief in the coming of Father Christmas or Santa Claus.

Once the legend had become entrenched it became customary to hang the Christmas stocking by the fireplace or at the end of the bed. In the United States a penny and an orange were placed in the toe. The coin was a symbol of wealth and the orange a symbol of the return of the sun in the coming year. In the early days of the nineteenth century youngsters tended to wear long, heavy cotton or wool stockings over their knees so there was plenty of room to hold goodies. These stockings would be filled by St Nicholas with small, mysterious presents, plus chocolates and nuts.

Eventually, home-crafted stockings were made in the shape of Santa Claus's boots. They were cut from bright, strong materials often in the traditional colours of red or green, and trimmed with braid or ribbons. Sometimes too, they were

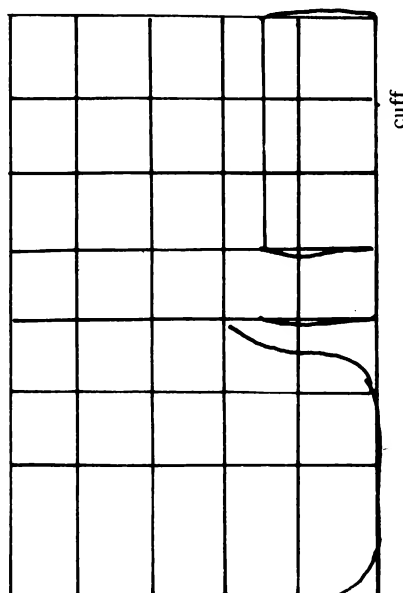
decorated with sequins, small bells, stars or trees cut from fabric, or even tufts of cotton for snowballs. Stockings could be kept by each child to be used for subsequent Christmases.

Before the advent of the stocking, and in some European countries still, shoes would be left out instead.

Christmas stockings now come in a variety of materials and colours but it is always fun to make your own. They can be knitted in bright colours, and, if stitched underneath with a felt shape, can even be worn afterwards as slipper-socks.

Another idea is to make them from pieces of felt which may be sewn together or stuck with fabric glue. Use contrasting coloured pieces of felt to cut out the letters of your child's name and stick onto the stocking.

Stocking Pattern



enlarge to 5 cm squares

GRASS 11 ROOTS

Stockings can also be decorated with ribbon, braid, sequins, cotton wool, bells or other miniature decorations, or fabric cutouts of stars, trees, snowmen and so forth.

## DIRECTIONS FOR STOCKING MAKING

### Materials

thin typewriter paper or kitchen paper  
clear sticky tape  
felt - 2 pieces, 25 x 40 cm, white, red or green  
trimmings  
thread  
fabric glue  
pencil, ruler, scissors, pins, needle

The pattern can be adjusted so that the stocking is larger or smaller.

Use 40 centimetres of kitchen paper or two sheets of typewriter paper taped together to make the pattern. Enlarge the pattern below onto the paper and cut around the edges.

Spread the two felt pieces out flat, right side up. Pin the pattern to one piece of felt and cut out.

Turn the pattern over so the toe is facing in the opposite direction, pin to the other piece of felt and cut out.

Put the two wrong sides together and sew the sides and bottom leaving the top open. Sew the two halves of the cuff together at the shortest ends, and then sew the cuff onto the top of the opening.

Turn the stocking inside out and fold the cuff down.

Decorate as desired and sew on a piece of ribbon, cord or felt to hang the stocking up by.



# NATURAL INDIGESTION REMEDIES



by John Mount, Woodford, Qld.

Once at a friend's home, after a wonderful meal which was washed down by some equally wonderful drinks, I began to experience severe indigestion bordering on nausea. In the entire house there was not a single remedy to be had, no indigestion salts, no bicarb, nothing.

Naturally, because of the discomfort I could not fully enjoy the proceedings and was on the verge of excusing myself and leaving early when the host's grandmother came to my rescue. She filled a glass with plain hot water from the tap and told me to drink it. Miraculously, within seconds the discomfort was totally gone. It seems that hot water dissolves or dilutes the discomforting acid and totally settles the stomach.

Following are some more natural remedies to relieve or cure indigestion:

- Charcoal, once used as a filter for poisonous gas in the 'gas masks' of the two

world wars, makes an ideal cure for reflux or flatulence. Burnt toast is an excellent source of charcoal, eat it as toast or scrape it off into a spoon.

- For nausea and dyspepsia suck the juice of one or more lemons.
- Baking soda or sodium bicarbonate also known as bicarb or carb soda. An excellent antacid and stain remover.
- Ginger, also known as 'chiang' in China. It is considered a good heart strengthener, a relief for arthritic joint pains, nausea, motion, morning sickness and dyspepsia. It is also a recommended spice for soups, stews, deserts, and bread.
- Silverweed (*Potentilla anserina*) is eaten as a vegetable by some tribes of American Indians and also by people in some parts of China. A litre of boiling milk or water is poured over a teaspoon of the herb. The mixture is then boiled for a few minutes longer. This tea is said

to alleviate cramp of the stomach, abdomen, and heart, and to relieve indigestion and other digestive problems. It is also considered a very effective treatment for tetanus, in this case the tea must be taken as hot as bearable until the disease has totally disappeared.

- The quince, one of the earliest known garden fruits, is thought to have its origins in the Mediterranean area. The quince spread from ancient Greece and Rome to Europe and then to England. It is used in various countries for such ailments as sore throat, sore eyes, stomach upset, and digestive disorders. When raw, the fruit is tart and slightly astringent but when cooked it is delicious and is often added to apple pie.
- A decoction of thyme will cure diarrhoea, stomach cramps, and most digestive problems.



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# EARTH SANCTUARIES

## Shareholding A Dream

by Fia Clendinnen, Warrandyte, Vic.

John Wamsley is a tall man with a biblically long beard. When he talks about the vulnerable position faced by so many Australian animals because of loss of habitat and predation from cats and dogs, and ineffectual Government attempts to do anything about it, he gets as angry as a patriarch and his eyes appear to hurl fire and brimstone. He reminds me of Noah because he says he will save our animals from extinction. Is he as good as his word?

The first I heard of Wamsley was two years ago when the *Melbourne Age* ran a story on him. My husband and I read the article with great interest. While government departments appear to be apathetic or inept when it comes to environmental management, one man was actually doing something, tackling problems with gusto and originality. He was practical and realistic. His results were impressive, supposedly. It made inspirational and amusing reading. According to the newspaper article, Wamsley was eccentric, impatient, and intolerant of fools. His maverick approach had made him plenty of enemies but he couldn't care less.

Not long after this we had a few thousand dollars and no pressing bills to pay. Stephen started to do a bit of homework, a phone call here, a letter there. I could see the idea forming in his head. Why leave money in the bank when we could invest in Earth Sanctuaries and do the environment a good turn?

One day Stephen filled in a form and we signed and sent off a cheque and soon after a big envelope arrived in the mail. It had happened: we were shareholders in Earth Sanctuaries, Wamsley's company. There was even a certificate to prove it. I'd never owned shares before and it was a bit embarrassing. I felt like a cigar-smoking capitalist.

An Earth Sanctuaries newsletter showed a picture of Wamsley. Looking as if butter wouldn't melt in his mouth, he cuddled two baby bilbies and smiled for the camera. We were also informed that in a few weeks Yookamurra, one of



Mallee vegetation like this is habitat for a number of endangered species.

the five Earth Sanctuaries, would be holding a shareholders' weekend.

I made the decision in a flash. I had no idea where Yookamurra was but we were going. To really understand how Earth Sanctuaries worked I needed to see for myself. I booked the four of us in for the weekend, Stephen and myself and our two children, aged 11 and 7. When the time came we loaded up the old Volvo and set out into the unknown.

Yookamurra is in The Mallee, 90 minutes north-east of Adelaide, a trifling distance on the map, but in reality a long and boring drive during which the children became fractious. The countryside was desolate, scattered with abandoned farms. I shifted in my seat uneasily. Maybe this wasn't such a good idea. Finally the signs said we were close. When we pulled up in front of Yookamurra I thought I'd made a big mistake.

The 1.8 metre high electric fence surrounding Yookamurra is not there for looks; it's ugly, forbidding and the sight did nothing to reassure my qualms.

Despite this initial disquiet we had a

wonderful time and enjoyed every minute. When it was time to go my daughter wept and both children insisted we go to the very next Earth Sanctuaries shareholders' weekend. It was so exhausting. This wasn't a holiday, it was a study weekend. There was so much to learn.

The three Earth Sanctuaries directors were there: Proo Geddes, Bruce Jackson and John Wamsley. We shareholders numbered about 40. For the two days and two nights we were made to feel we were part of the company and that our opinions and endless questions mattered. Three people work full time at Yookamurra, looking after the resident animals and the human visitors. They obviously love their jobs and they take pleasure in explaining everything again and again. I felt privileged to be connected to such a dynamic team.

In a nutshell, this is how Earth Sanctuaries works: Wamsley buys up vast tracts of high-conservation value land, surrounds them with very expensive high electric fences, eradicates every feral cat, fox and rabbit and then (and only then) releases into the sanctuary the native ani-

imals that were once endemic to the area.

The five Earth Sanctuaries each represent a different habitat. When Wamsley decided he wanted a mallee sanctuary, he went looking for pristine bush that had never been cleared. Mallee trees increase in diameter at the infinitesimal rate of one millimetre a year. In practical terms this means a mallee tree has to be 400 years old before it will create a hollow big enough for a numbat to use as a home. Thanks to whiskey, yes whiskey, Wamsley found suitable property surprisingly close to Adelaide. The government required landholders to clear their property, but a local farmer enjoyed his drink too much to get on with the task. The result was old-growth mallee, left untouched.

'Which just goes to prove a favourite theory of mine,' said Wamsley, telling the story with a characteristic look of mischief. 'Nothing is entirely bad. Even whiskey has its good side.'

Two hundred years ago mallee covered one-fifth of Australia, now it is nearly all gone, cleared for farms. The soil is poor and the farms around Yookamurra look barren and exhausted. 'The mallee is probably Australia's most important habitat and probably its most hated,' said Wamsley. 'I don't know why, I think its marvellous,' he mused.

Yookamurra is an Aboriginal word meaning yesterday and the aim of the 3000 acre sanctuary is to turn back the clock and re-create the area as it was hundreds of years ago, before white settlement.

At Yookamurra the mallee ecosystem reveals itself, you see every little detail close up. Inevitably, you fall in love. It's like walking through a garden, the ground is flat and decorated with little clumps of moss and lichen. The trunks of the mallee trees are flushed with pink, and, despite the drought, the leaves are fresh and green. The sky is full of birds.

We were taken on guided dawn and dusk walks. We learned the names of dozens of new plants, birds and animals. Three of the numbats at Yookamurra wear radio collars and one morning we tried tracking them. Well we didn't actually get to see a numbat. They're too smart and too quick and a bunch of humans makes a lot of noise when moving through the bush, even if they are walking on tiptoe.

But thanks to its radio collar, we found the exact spot the numbat was hiding. I touched the hollow log; the little critter was only two centimetres under my hand. It was very satisfying to know that this numbat was safe and sound, running in and out of hollow logs, eating 20,000 termites a day, and making babies. Just the way a wild numbat should.

Numbats were once common from New South Wales to Western Australia. But foxes have almost wiped them out and the last numbat was sighted in South Australia in 1930. That is, until Wamsley re-introduced them at Yookamurra. They are now the big success story of Yookamurra, but it wasn't all plain sailing.

Four years ago Wamsley's team obtained 15 numbats, at great cost and trouble, from the West Australian Department of Conservation and Land Management. With high hopes they were released into the 3000 acre sanctuary. Ten days later eagles had eaten four numbats. So what did Wamsley do? Before Wamsley turned conservationist, he was a mathematician and he has some interesting ways of solving problems. He brought chickens to Yookamurra. For the next week or two the eagles concentrated on eating the chickens and by that time the numbats had got their bearings and worked out a network of hidey-holes.

After that tense beginning ('The auditors were breathing very heavily down our necks,' says Wamsley with deliber-

ate understatement), the numbat re-introduction programme at Yookamurra went on and worked beautifully to plan. Now about 50 numbats fend for themselves at the sanctuary.

At Yookamurra, as well as numbats, Wamsley has also successfully re-introduced silver boobies and brush-tailed betongs. The bilby breeding programme is progressing well. When numbers are sufficiently established, bilbies will also be released into the bush to fend for themselves.

In the evenings, after long days of nature study, we sat down together to big meals of home-style cooking. Wine and beer are available, but everyone was already a little drunk on the daring of Earth Sanctuaries' dream.

When you look at what is happening to the Australian environment, it's excusable to feel overwhelmed with doom and gloom. But at Yookamurra something tangible and positive is happening. We were there and we saw, and we're helping.

Further information about Earth Sanctuaries can be obtained from: Warrawong Sanctuary, PO Box 1135, Mylor 5153. Ph:08-8370-9422, fax:08-8370-8332. Email: [info@esl.com.au](mailto:info@esl.com.au), Web: <http://www.esl.com.au>.

See GR 123 for more information on Earth Sanctuaries.



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# THE EYES HAVE IT

by Gwen Clarke, Euroa, Vic.

Has your eyesight been a bit blurry around the edges lately? Found yourself holding *Grass Roots* under a better light to read Gumnut Gossip? Or perhaps, after increasingly frequent visits to the optometrist you have at last been told the awful truth – you have cataracts in both eyes! If so, read on.

Being an avid reader since way back in ancient times, as my family none too flatteringly refer to my childhood, I was appalled when I was told late last year that I needed an operation. I have worn glasses since my early teens and expect to do so until the coffin is nailed down, but this was a different ball game.

Horrible visions of going practically blind before anything could be done ran through my panic stricken mind. White sticks and guide dogs, thick lenses and a world devoid of the books I love immediately came to mind, plus a fear of anyone, even the most skilled surgeon, putting a knife near my eyes.

When I voiced all this to the optometrist, he attempted to calm me down by explaining what would actually happen, and, as I am sure that a good proportion of GR readers are past the half-century mark, they will probably be interested in my experiences from that point on.

It was explained that the eyes actually work like a camera, admitting light through the lens which is reflected back to the retina and the optic nerves connected to it in a straight line. However, when a cataract grows over the lens this light is diffused and vision becomes blurry, as mine had.

I am a believer in taking responsibility for my own health by eating good foods and using naturopathic remedies when necessary, so I was not too happy about being hospitalised for even a short time. However, I had recently burnt one eye by accidentally getting the sap from an acidic herb on my hands and transferring it to my eye and was very glad of

medical expertise to relieve the pain. I accept that institutionalised medicine has its place as long as we don't run to it for every ache and pain.

So, after a lot of discussion and hesitation, I was given the name of three eye specialists, two locally and one in Melbourne. I chose the one who concentrated on cataract surgery and, in fact, does more of these operations than any other surgeon in Victoria, resolving that if I couldn't relate to him I would find another.

However, he is a good communicator and was prepared to sit down and explain the procedure. I was shown a video and told that ultrasound is now used to remove the growth and it was best not to let it get too thick or ultrasound would not work properly. No, he would not take my eyes out and would do only one at a time. I suppose that even the most confident and skilled surgeon must allow for things to go wrong. I might add that he was supremely self-confident and gave the impression that he was at least sitting on God's right hand, very reassuring to a coward like me.

I was shown the tiny butterfly lens that would be inserted into my eyes, told it was only a 30 minute operation and there would be no pain. I decided on the Eye and Ear Hospital, where I could go on the public waiting list or as a private patient. There was a long waiting list and I have no hospital cover but Medicare would cover most of the specialist's fees and the anaesthetist. Although far from rich, I decided to put my money where my eyes are and go private. A few weeks later, I arrived in the waiting room with nothing in my stomach but butterflies.

I was whizzed up in the lift into a cubicle and helped into one of those immodest hospital gowns with an opening down the back, but told to keep on underwear if it was cotton and leave dentures in place. 'We have to hurry you along a bit, you are first on the list and

Dr X is so fast we have trouble keeping up with him.'

I objected to a stretcher, but was firmly placed on one and wheeled into the lift again and up to the eighth floor. There, eye drops were rained on me and the anaesthetist explained his part and injected into a vein in the back of my hand. I'd been rather apprehensive about this, as the surgeon had said he needed some consciousness during the procedure and I envisaged being aware of what was happening. To tell the truth, I am still unsure, as the next thing I knew I was back in the recovery room in a reclining chair that practically put its arms around me and hugged. I had a dressing on my eye with a protective plastic cover and a tray of sandwiches and a cup of tea in front of me and absolutely no pain. I have had none since.

After a couple of hours of this coddling, I felt so well that I decided to go home with a friend who lived nearby, instead of staying overnight. I went back next morning when the surgeon removed the dressing and inspected the eye with sounds of approval, gave me drops and asked me to present myself at his office in a week or so. Asked if there had been any stitches, he said rather loftily that 'stitches are only for amateurs'.

The hard part came after the second operation, which mirrored the first, as my glasses were now useless and could not be replaced until the eyes had settled down. Weeks of very blurry sight followed. Nose on the paper, a magnifying glass, TV almost useless and the car in dock. I presume that, had I not worn glasses previously, I would have had instant sight, but we can't all be so lucky. In the meantime I was reduced to the indignity of large print and talking books. One thing the whole experience has done is make me more aware of the difficulties of the sight impaired.

My whole existence was slowed down by the effort of coping with the

*'I accept that institutionalised medicine has its place as long as we don't run to it for every ache and pain.'*



trivia of daily living and by the end of the day I was tired out after doing the most simple daily tasks and was just as likely to pull up a treasured plant as a weed. Fellow feeling has hopefully made this rather quick and impulsive Grass-rooter more kind and understanding.

Three months after the operation many people had asked, and still do ask me how I feel about the operation now. Am I pleased with the results? Well, the answer is yes and no. I am certainly no danger to pedestrians or other drivers on the road anymore, as my long sight is as good as or better than it ever was. On the other hand, near sight is not quite. I have difficulty with the phone book and other small print and I am very intolerant of glare, the low angle of the sun in winter particularly, although I wear tinted glasses. I read as much as I ever did, but my eyes tire more easily and the only way I can describe the feeling is to say that they are not as 'comfortable' and a part of me as they were. I am more aware of 'seeing', if you can understand my meaning, and artificial light or sun and shadow is more tiring.

I was told that I might need a change of glasses after a few months as my eyes adjust, but I have not yet been back for a check. I may find that bifocals will need to be augmented with reading glasses as well as very dark sunglasses. Despite these drawbacks, there is no doubt of the necessity of the operation, due to the hazy world in which I was previously living. I can now see very well despite the minor irritations and had I not had it, my life would have become more and more restricted. I don't pull up valued plants any more, I read normal print easily, so the occasional magnifying glass and less reading in bed are things I can live with.

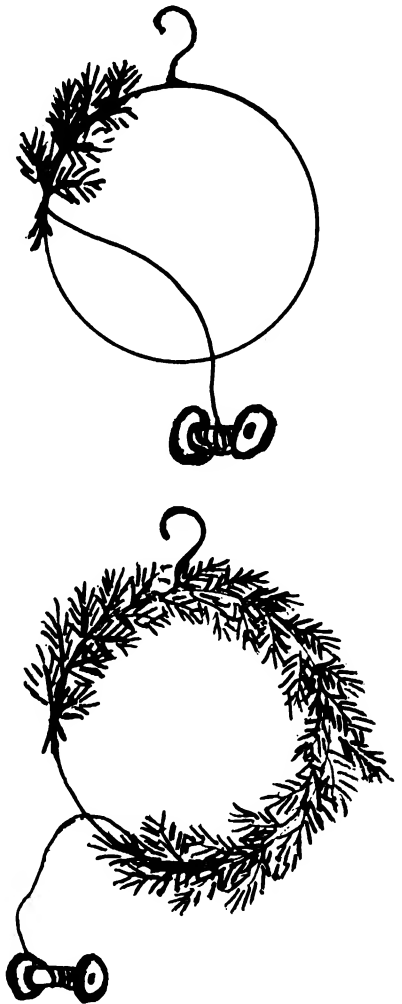
# CHRISTMAS GARLAND FOR YOUR DOOR

by Heather Kozak, Dellicknora, Vic.

This is a quick and easy decoration that can be made entirely from scraps. Take an old wire coathanger, or a length of fencing wire and bend it into a circle of whatever diameter you want. Gather up the trimmed branches from your Christmas tree, or cut an armful of small (20-30 cm) pine or gum branches. Tie the branches together in bunches of three with fine wire, then wire the bunch by its base to the heavy wire circle.

The job will be easier if your fine wire is on a spool, so it can be passed through the circle. Wire the second bunch behind the first, making sure the stems are hidden under the tips of the first bunch. Continue wrapping the wire spool around the bases of the bunches until your circle is filled, aiming for an even mass of greenery. Cover the stems of the first bunch with the tips of the last, then tie off the wire end securely.

If a coathanger was used, turn the garland until the hook is at the top. You can decorate it by wiring on small pine cones (painted gold or silver if desired), raffia or ribbon bows, Christmas tree ornaments, or whole sticks of cinnamon.



Hang your garland on the door by the handy hook and enjoy the wafts of pine-scented air each time you welcome a yuletide visitor.



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# JOSE'S GREATEST GARDENING HINTS

by Jose Robinson, Wild Cattle Island, Qld.

As an enthusiastic permaculture and biodynamic gardener, these are hints which I've collected and used over the years. Some I've come up with by trial and error and others I've gleaned from friends and fellow gardeners.

## MULCH & NUTRITION

Cassava recycles a lot of the nutrients it uses back into the soil through its rich leaf litter, as mulch.

Human hair makes great mulch. You can arrange with your local hairdresser to collect all the hair clippings. It's weed free and rich in slow-release nutrients.

Eggshells can be dried and crushed and added to potting mix. It can be used sprinkled on the surface of pot plants to help retain moisture. It can be recycled back to the chooks for calcium.



To sweeten sour strawberries, add one tablespoon of Epsom salts to four litres of water. Pour around plants.

Comfrey tea makes a great liquid feed for plants. Immerse comfrey leaves in double the quantity of water and leave to soak for three weeks or until well rotted and smell has dissipated. Dilute resulting solution by half with more water. Compost or weed tea can be made in the same manner.



To make fish fertiliser soak raw fish scraps in a plastic drum of water. Leave for two weeks (well away from people). Dilute one part fish juice to 20 parts water.

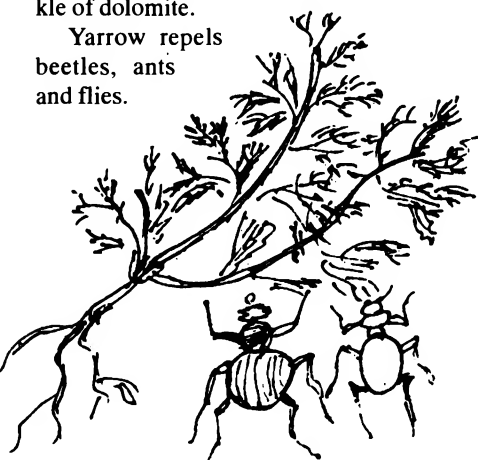
Potassium controls water flow in plant stems and regulates stem growth.

Phosphorus is essential for plant growth and reproduction. A deficiency stunts growth.

## PEST CONTROL

Having an ant problem in your worm farm? Then give the feeding tray a sprinkle of dolomite.

Yarrow repels beetles, ants and flies.



It is said that marigolds give off a volatile insecticide that is toxic to the mosquito that carries malaria and yellow fever.

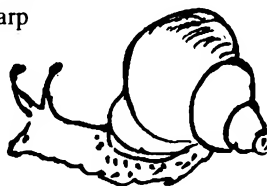
To repel sucking insects such as aphids, shred 30 grams of ordinary household soap. Add to this 70 grams of washing soda dissolved in  $\frac{3}{4}$  litre of water, fairly hot. Heat further until soap has completely dissolved, then add approximately four litres of cold water. Stir well. This makes an excellent insecticide.

New sawdust sprinkled around strawberry plants repels slugs.

Hang a small jar in insect problem areas in the garden. Pierce lid and pull a rag wick through the hole.

Fill jar with a 50/50 mix of kerosene and diesel. Insects don't like the strong smell and will leave the area.

For snail invasions, leaves with sharp edges such as holly can be placed throughout the garden as a deterrent.



For an aphid control which is safe for bees, boil 1.5 kilograms rhubarb leaves with 3.5 litres of water for half an hour.

Strain and add 30 grams of Lux flakes. Dilute equal parts.

For woolly aphids, make a nasturtium spray of one cup leaves to one cup water. Simmer for 15 minutes. Cool and dilute with equal parts of water.



To repel possums from your fruit trees, make a mix of one teaspoon of quassia chips to four litres of water. The spray makes the fruit taste bitter on the outside skin, so repelling the possums. Wash fruit before eating.

Garlic spray is good for repelling most nasties. One cup chopped garlic cloves, two teaspoons mineral oil. Soak for two days. Add 500 ml water and dissolve a sprinkling of Lux flakes in the mixture. Let sit for around four hours. Dilute mixture with water. Approximately three teaspoons to one litre of water.

Nematode control – mix two kilograms molasses in 10 litres of water and apply over five square metres.

For scale insects – spray white oil on trees and shrubs just prior to the buds opening.



For mites, thrips and sucking insects boil half a litre of water and add one kilogram finely chopped onions. Allow to stand for 24 hours. Strain then dilute with cold water. This mix will make up to 20 litres of liquid. Place liberally around each plant, and re-apply every two weeks until problem has gone.

Pyrethrum spray will exterminate a wide range of nasties. One tablespoon of pyrethrum (feverfew) flowers in one litre hot water. Add a sprinkle of Lux flakes. Stand for 30 minutes then strain and it's ready for use.

## FUNGAL CONTROL

Seaweed and stinging nettle sprays prevent a number of foliar fungal diseases.

Also great as liquid fertilisers.

To treat most mildews, dilute milk fifty percent with water and spray every couple of days.

The herb horsetail (*Equisetum arvense*) and the needles of the male casuarina tree both



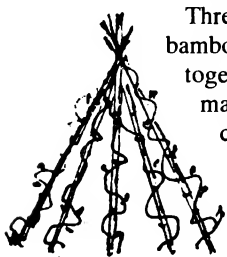
contain high levels of silica which is the controlling factor against fungal diseases. Use two heaped teaspoons of dried leaves to one litre of water. Simmer for 20 minutes and cool before spraying. Dilute the original solution fifty percent for second and subsequent sprayings. One litre of spray will do 100 square metres.

Chive spray is good for mildew on squash, zucchini etc. Mix one cup chopped chives with three cups of boiling water. Allow to cool. Strain and dilute with equal parts of water.

Condys crystals is another effective cure for powdery mildew. Use seven grams of condys to seven litres of cool water. Spray on leaves.

#### MISCELLANEOUS

If you are planting pistachio nuts you need a male and a female tree.



Three or four lengths of bamboo or saplings tied together teepee-style make great trellis for climbing beans, chocos and other vines. Also great for several tomato plants.

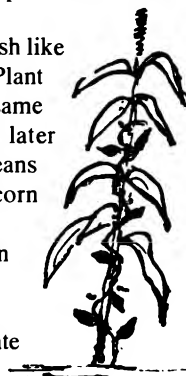
Onion juice disinfects, carrot juice soothes and banana bark heals.

For tree wounds or pruned trees, use

cow dung mixed with water. The dung encourages breeding of beneficial and protective organisms.

Common swamp paperbark (*Melaleuca ericifolia*) yields an aromatic oil used in soaps and pharmaceutical preparations.

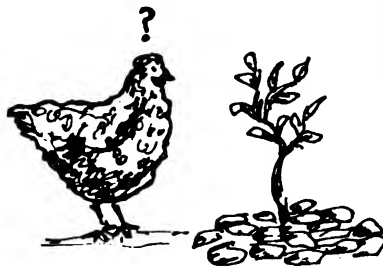
Corn, beans and squash like to be planted together. Plant corn and squash at the same time, then two weeks later plant the beans. The beans will climb up the corn stalks.



To ensure germination of tiny lettuce seeds, soak seeds in water on a paper towel and refrigerate before sowing.

To propagate by cutting, always take cuttings in the morning. Soak in water for several hours and plant in late afternoon. Aloe vera or honey make a good alternative to bought rooting hormone liquid. Just dip ends in before planting.

A good potting mix is one part pumice, one part bark or peat and two parts mature compost. Add a little lime and turn. Mix well before using.



Geese are great for control of weeds and grasses around the garden, but chooks can be destructive. Place lots of rocks or bricks around cherished plants so chooks can't scratch. Another method is to peg chicken wire around plants, at ground level.

To make aloe vera ointment, split leaves and collect gel. Bring to boil and simmer until it comes down to a thick paste. Store in clean jars in the fridge.




To keep sweet potatoes, dry them in the sun for a few hours then store in a container of dry sand.

Plant sunflowers next to capsicum/peppers for strong and sturdy plants.

Some plant cuttings which will root readily in water are oleander, coleus, croton, impatiens, dracaena, cordyline. As soon as small roots appear, move to a potting mix of sand and peat.

Note: When making up home brews of insecticides or whatever, always mark containers clearly, and keep out of reach of small children.



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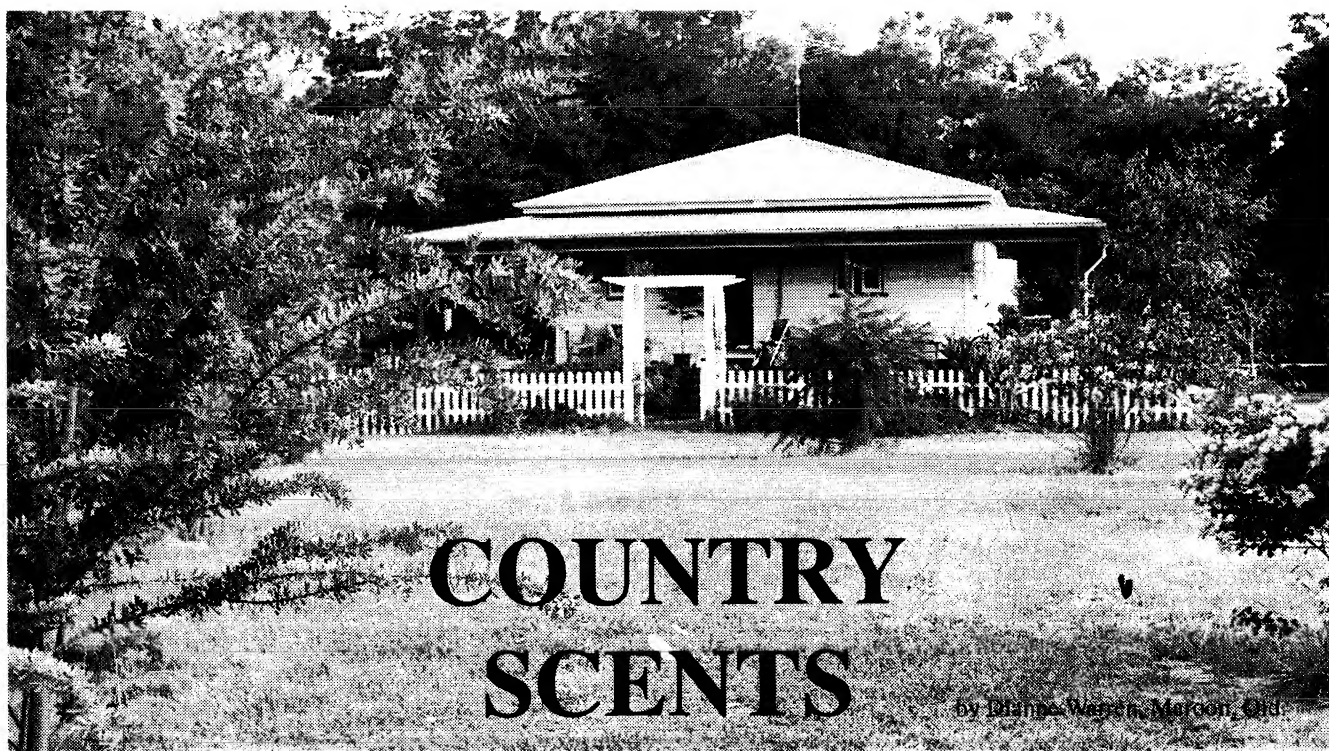


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Early morning, sitting on the verandah with a tea in hand looking out over our valley has to be one of the highlights of my day. It's a time to savour the sweet fragrance pervading the still air and listen to the early morning chorus of birds and the gentle hum of insects. It's another glorious day in Queensland, vast blue skies and the countryside in the throes of waking from its slumber.

My partner Nicholas and I, along with our two beautiful children, Charlotte (3) and Julian (11 months), have lived in this sunny neck of the woods for over four years now. On reflection, we've certainly come a long way.

It seems like a lifetime, but was only 10 years ago, that Nicholas and I were both money grubbing in the advertising industry in Melbourne. I found the nine to five grind wearisome to say the least; sitting at a desk day after day, my convictions and beliefs firmly elsewhere. There had to be more. I had an overwhelming sense of frustration that I was wandering aimlessly. Yes, I was at that turning point in life where that elusive something beckoned. Something was seriously missing: a sense of purpose. It was a time to rethink my priorities and go about simplifying my lifestyle. My first step towards this goal was to go out and get my hands dirty.

One wintry afternoon, I happened to browse through a book about herbs and

natural living. I could feel the excitement mounting. Nicholas' suburban garden was in dire need of some tender loving care so I set my mind towards planning what I thought would be a simple herb garden. Little did I know then that a passion was being born. Of course, once the herb garden was established, the next step was to turn the lawns over to vegetable gardens! Being granted the use of a little-used space next to a shed, I had to revise some of my grander plans, but was overjoyed at having any green space.

While standing knee-deep in manure, a shovel in one hand and savouring the smell of approaching spring, I almost felt as if I'd discovered the meaning of life, that connection to the earth and the joy of accomplishment through sheer hard physical work. I was unstoppable. I'd tasted the good life and longed for more.

The months went by, my herb collection grew, along with my experience and knowledge, and I began to dream of the day when I could turn my days over to growing herbs as a viable living.

My break from 'safe' employment came after much planning and squirrelling of money and resources, just in case I wasn't as smart as I thought I was. Resigning from my job was the easy part, but walking out the door for the last time filled my heart with genuine fear

and trepidation. I've always believed in big, brave moves and this was one of them.

By now I yearned for a life in the country and looked upon my confinement in the suburbs as a learning experience. As well as working at a bit of freelance writing and desktop publishing to supplement my income, we began doing the rounds of the craft market circuit with our herbs. Slowly I learned what buyers wanted, improved upon the plant set-up and always listened to good advice from others. Some weekends we dined on caviar from our herb earnings; on others, the only thing that rained into our coffers was cold and wet! But for the most part, it was a very pleasant way to spend a weekend, talking to like-minded souls and making new friends.

All the while we spent our time dreaming and planning our escape from the confines of a suburban lifestyle which was fast becoming foreign to us. When finally we announced that our house was for sale, people gasped and thought that we'd lost our marbles. Didn't we know that we were in the midst of a recession and that the housing market was depressed? And anyway, what on earth were we going to do in the country? Within three weeks the house was sold to a young starry-eyed couple enchanted by the garden. There was no turning back.

Having long decided upon Queensland as the place for us to set down roots, off we set to search for property. Well, it was an adventure of sorts. We looked at properties high and low, but found that most were out of our price range. We weren't asking too much, just the usual dream: five acres, cottage, permanent creek, on a tourist route for our future herb nursery and at a reasonable price within our budget! We were soon to learn that properties such as these were either snapped up by local developers or were as scarce as. But oh, what a merry dance the real estate agents led us on. We were shown an assortment of properties, most of them stuck in the middle of nowhere, overgrazed, with not a tree in sight and little or no water to speak of. If we were lucky, there would be a ramshackle affair thinly masquerading as a dwelling.

Feeling somewhat discouraged, touring back through south-east Queensland, we spotted a property that looked like it could be a goer. There was less acreage than we had hoped for, but to us it boasted unlimited potential. A blank canvas if you like. A little pink house on two very workable acres, a seasonal creek, a few neglected fruit trees, on a much-travelled tourist route for income opportunities, just over an hour and a half to the coast and surrounded by spectacular mountains and ranges. This was the one.

After the stress of moving our lives interstate, what an exquisite joy it was to dig the fingers in the soil again. Our first year in Maroon was devoted mostly to setting up gardens which were virtually nonexistent when we moved here. Each day, we'd don the gummies and go to it like maniacs. A series of no-dig herb and vegetable gardens was created and each morning I'd announce that I was off to make 'lasagne': beds filled with layers of

newspaper, kitchen waste, weeds, manure, straw and topped off with mushroom compost. Within months all was flourishing.

The possums and our resident bandicoot created a bit of mischief, having a penchant for leafy greens, but we found that upturned plant pots over seedlings seemed to do the trick. After a while, we just learned to grow more, some for them, some for us.

After much hard work, our gardens yielded the fruits of our labour. Our kitchen table groaned under the weight of bush pumpkins, the beans climbed to greater heights and we feasted on cap-sicums, sweet corn and tomatoes.

As the area was in the midst of a drought when we first arrived, we were ever mindful of our water usage. Our first priority was to set up a grey water system to recycle onto the gardens. In our earlier enthusiasm, we carted water from the creek in buckets. In those halcyon days it was difficult to call it a chore. The creek in the early morning light, kookaburras laughing away at our efforts and the wild ducks on the creek fed my soul with their magic. For this city gal, it was absolute bliss. Now that the gardens are pretty much established, they survive on infrequent waterings and all beds are mulched with old lucerne hay which a local farmer kindly donates.

First though, it is thrown to the chooks, who in turn peck out the weed seeds and scratch it around for a few months. The end result makes an excellent mulch.

Up here, the summers being as hot as they are, autumn is our main planting season and also our busiest time. The last of the summer vegies are harvested and what isn't sold is either frozen or made into chutney, sauces and jam. It's also a time when we're flat out tidying up the garden. Mowing, pruning, mulching and propagating plants to plant out in spring.

Next came the animal menagerie. We started off with six fine looking hens and one rooster and all were promptly given names. I remember the thrill of finding our first egg and the excitement at our first hatching of chicks. Nowadays, the chook numbers have grown alarmingly. However we sell off our roosters at six months and the older girls to a local chap. In our experience, roosters at the peak of their sexual maturity are nothing short of a menace, they harass the girls and disrupt egg laying and become quite expensive to feed. You just have to be ruthless. Charlotte's first words were, 'buddy roosters', no doubt uttered by Nicholas on many occasions!

After much creative argument on my part, we became the proud owners of five Pekin-cross ducks shortly after the chooks

had settled in: Basil, Pansy, Primrose, Petunia and Daphne. They've provided us with many eggs which we use as barter, and much amusement.

After our tree planting scheme and renovations and additions to our humble home, I was able to turn my attention to getting my herbs up and running. We made contact with a couple of nurseries and for a while there we were supplying them with potted herbs regularly. The drought however, took its toll on many local



Nicholas and Charlotte cleaning up the no-dig summer garden beds.

nurseries and there was a serious downturn in business. We still supply one nursery with all the old culinary favourites, but in the near future we hope to expand and go further afield. Juggling the demands of two small children, plus a hundred other jobs around our place, sometimes leaves little time to devote to my herbs. We still have plans to set up a nursery, but it will have to be further down the track when time and funds allow.

Over recent months we've been involved in supplying vegies to a local organic food co-op. As with most things in the country, this opportunity leapt out at us when we least expected it. We'd always had a fairly extensive vegie garden to provide for our own needs and any surplus used to be given away to friends or used as barter. Now we sell it via the co-op which consists of 13 local people committed to eating good quality pesticide-free vegies.

We started out supplying curled parsley from an abundant patch and have now turned over an area to growing purely for the co-op. Row upon row of golden zucchinis, bush pumpkins, purple beans, cherry tomatoes and capsicums have been planted and I'm going flat out trying to keep up with demand. I see this year as a learning period as to what to grow. As an extension of this, I'm presently investigating hydroponics for



Charlotte, the budding apprentice, loves to help with the gardening.

the growing of fresh cut herbs and lettuce. I'm still growing lettuce the conventional way and have virtually sold the lot before their heads have poked through the soil. Shortly after writing that last line, I went out to find them all dug up courtesy of our resident bandicoot, Bernard. Back to the drawing board!

I feel that after four years things are finally coming together. Our gardens are almost established, providing us with a lot of our own vegies and we're fairly self-reliant. We have a pantry full of our own preserves, make our own bread and of course have eggs coming out of our ears. A lot of smart and practical planning has gone into maintaining our lives here. Most of the time we live on the smell of an oily rag, yet still manage to

live well. Watching my little gardener, Charlotte, carefully pick herbs and vegies (just like Mum does), there's confirmation that what we're doing is very right and honest. We're fostering an awareness and appreciation that money just can't buy.

Of course, we've had our share of setbacks and disappointments. The drought put great dents in some of our plans, but through adversity I believe comes strength and determination. Yes, we're certainly happy and content with our lot. At the end of the day, sitting

watching a glorious sunset, two lazy cats by our side, limbs weary, and our smiling faces scrubbed clean of the day's grime, it's very gratifying to call this place home.

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# TOMMY TOES

by Dennis Millett, Yarram, Vic.

Each year, at the first hint of spring in the air, enthusiastic gardeners like me dash over to the plant nursery or garden shop, for the necessary supplies for the new growing season. Before this happens I get a little stir-crazy in the later stages of winter, planting seeds in little pots of mix, which I then place on all the north-facing windowsills of the house, so as to catch every scrap of sunlight. This is to get a jump on spring of course, and sometimes, only sometimes, the things grow and hit the garden running. Other times, for the silliest reasons, the seeds just never get a chance, such as when the first blowfly of the season drones his irritating overture to the Spring Symphony on arrival at our house, and tries to escape my swatter. The blowie usually tries to escape through a closed window, and the swishing swatter, of course, just has to knock the plants and everything else from the windowsill!

A couple of years ago, I planted some seeds of a tomato variety called Tommy Toe which had won great favour as the tomato with the best flavour of all those available in Victoria. These seeds were lucky, avoiding any misadventure, and the plants were duly planted out in the garden, where they grew and produced fruit. I was surprised at how tall they grew, and found it necessary to extend the height of the stakes a couple of times, and still they grew. In the finish, when they had reached nearly three metres tall, I cried 'enough', and pinched out the tips.

Last year, rather than go through the same process, I planted some of the seed, and transplanted them outside, allowing them to sprawl over a corner of the garden which was not needed for anything else. They grew vigorously and produced a huge crop, about twice as much as that of the year before. The growth habit of the plants was quite



amazing, more a rampant Triffid than a sprawling upright, and I can remember reading something about the tomato plant being really a vine, rather than a upright plant.

You might think it worth a try, if you're growing this variety and have the space. It will look untidy, but I promise you that the crop will be far greater than if you stake the plants in the traditional way.



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# GROWING RASPBERRIES & BRAMBLEBERRIES ON A SMALL BLOCK

by John Holland, Flinders, Vic.

For most people one of the joys of an approaching summer is the anticipation of launching into a plate of big, fat, juicy berries, complete with a wicked dollop of fine whipped cream. One of the best ways to enjoy this annual indulgence is to improve the dish by mixing several berries together, but the high cost of several punnets makes the experience a rare treat. This need not be so! For a little work, and with a little care, you can grow more than enough berries for you, your friends, and all the jam you can cope with, in a neglected corner of a suburban block.

Brambleberries are all the cultivars of the wild blackberry, they include such delights as loganberries, lawtonberries, boysenberries and silvanberries. The wild blackberry is an extremely hardy, invasive weed which can quickly colonise and effectively impound large tracts of land. The cultivars have been developed with less invasive habits, but with more prolific, larger and less tart fruits. Raspberries on the other hand are just, well, yummy!

Both these plants need little space to produce bountiful crops. Ten raspberry plants in a five-metre row and two or three brambleberries in each of two similar rows will produce enough fruit for several families. Shorten the row length by half and you will still have ample for your own crew. They tolerate partial shade well and are therefore ideal for areas unsuitable for vegetable production. My patch is open to the north but at least half-shaded in equal part by a big plum and a eucalypt.

## SITE SELECTION

When selecting a site it is important to note that good neighbourly relations will depend on your leaving at least a metre and a half path between your patch and a boundary fence. Although the cultivars are less invasive than wild types the sight of blackberry suckers which obviously emanate from your territory will

turn the meekest neighbour into a screaming banshee no matter how many punnets you buttered them up with last year. I have seen books which suggest attaching your trellis to 'the fence'. If this is the boundary fence, don't even think about it. On the side of my patch that is closest to the neighbours' I have buried a plastic strip about 15 centimetres wide. This works as an effective root barrier. For overland transgressors, that side of my patch is on a direct route to the compost bin, so I am always aware of what goes on there. The extra effort might sound like a bit of a hassle, but it requires only a little thought at the outset and minimises work and trouble in the coming years. When you see how quickly a travelling bramble cane will set roots from its tip the necessity for such care becomes obvious. The plants thrive in climates with a cool winter, although the brambles are more tolerant of heat than raspberries. Reasonable protection from hot, dry winds is needed.

## SITE PREPARATION AND PLANTING

A trellis is required for support if they are to bear proficiently and, importantly, have their wandering nature controlled effectively. There are many ways to achieve this, but probably the most space conserving is with well anchored posts strung with fencing wire in a north/south orientation. If your rows are five metres you will need a star picket in the middle to help; 1.2 metres between rows is all you need. Three wires at about 75 cm, 125 cm and 175 cm are ideal.

Although both these plants are very hardy they will obviously do a lot better if you treat them well. Make sure you get rid of all weeds – just think of weeding between these thorny customers if you need any incentive. A moderately fertile, friable soil with good drainage is necessary. In my case I hilled up the soil for the rows to give adequate drainage. Between rows and around the perimeter I



use sawdust for paths, which has the advantage of being an easy medium from which to extract suckers. To the soil add compost and some blood and bone. Plant bare-rooted brambles between 150 cm and 250 cm apart and raspberries about 50 cm apart in winter.

## ONGOING CARE

Both plants need yearly pruning and tying up. They fruit from second-year wood, so you won't get a crop in the first summer. After cropping finishes cut the old wood back to the ground. Don't put prunings in the compost bin. Tying up of the new summer growth can be left to the winter, which is a good thing as it takes a bit of time. Extracting the interwoven brambles from each other is a job which cannot be hurried, as they are surprisingly brittle. Needless to say stout gloves are a must. I use budding tape (available at most nurseries) to tie the canes to the wire. This is a slow process, as the thorns are sharp and abundant, but it brings a level of concentration to the task which is meditative in its mindfulness. The long bramble canes can be tied up the wire, looped, tied down the wire, looped again and tied up until you get to the end of the cane. It is also a good time

for removing damaged and dead wood. Raspberry canes can be tied either just above the top wire, or looped and tied down. Remove any suckers now that you can see the ground! You will be surprised at how sparse the patch looks in the winter after the abundant growth of summer. If you forget to tie up the canes the late winter winds will damage them and you will have a difficult time getting in for a harvest, so it's well worth the effort to tidy up.

Fertilise in the spring with any combination of compost, well aged manure and blood and bone, after which add a good mulch such as straw. In order to get a bountiful crop you will need to water at least weekly in the summer, so installing a drip system is prudent.

### COMPANION PLANTS

The companion plant of choice for brambles and raspberries is tansy. As tansy is also invasive and dies down in winter they make good bedfellows. The tansy excludes weeds and provides plenty of foliage for the compost bin. My companion plant reference also suggests that raspberries and blackberries don't like each other, but I haven't seen any evidence of this at all. As a bonus, ladybugs seem to love these plants, which is great for the rest of the garden.

### TO NET OR NOT TO NET

Birds love berries even more than humans do, so it is worth thinking about whether netting is worthwhile. Commercial producers local to my area originally calculated their crop loss to birds at about 25 percent. When they netted they were surprised to find that they had actually been losing closer to 75 percent of the crop to our feathered friends. As you won't be harvesting a crop in the first year, a good time to build a cage is after the first winter tidy-up. Source good quality netting which can be removed and stored when not needed (or used elsewhere, such as on fruit trees which come in later) and which can be used for many years. It is just not worth going too cheap here.

### THE RESULT

Brambleberries and raspberries can produce astonishing crops in areas of the garden where little else will thrive. As you are going to need a few clues on how to make the most of your berry booty here is a great recipe for Summer Pudding.



The canes are tied up tidily in winter in preparation for the spring growth surge.

### Summer Pudding

- 1 loaf of sliced bread
- 500 g mixed berries (up to  $\frac{2}{3}$  raspberries)
- 125 g sugar
- $\frac{1}{2}$  cup water

Remove the crusts of the bread and line a bowl capable of holding the ingredients with the slices. If the bread is cut into triangles you will be able to ensure that there are no gaps between pieces, which is essential. Dissolve the sugar in the water in a large saucepan. Add fruit and stir. Cover and bring to the boil. Remove from the heat. Strain the fruit, collecting the juices. Let the fruit cool.

After the fruit has completely cooled spoon into the bread-lined bowl. Pour in enough of the juice to make the bread look wet but not saturated. Keep the rest.

Add a top of bread. Put some cling wrap over the top (don't stick it to the bowl sides), followed by a plate that fits neatly inside the bowl. Put a weight (such as a jar of jam) on the plate and put in the fridge overnight.

When needed remove the coverings, place a deep plate over the bowl and turn over. Add some of the kept juice to the bread to even out the colour if needed and place the rest in a small serving jug to put on the table. Serve with the best cream or a premium, creamy yoghurt and accept all compliments graciously.

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# HOMEMADE CHRISTMAS DECORATIONS

by Liz Zylinski, Newham, Vic.

As we were overseas for Christmas last year there was no point in buying decorations, so we made our own. Pleased with the results, I thought GR readers might be interested in what we did. Cash outlay was minimal, as was artistic ability. The decoration team was aged 2, 4, and Mum.

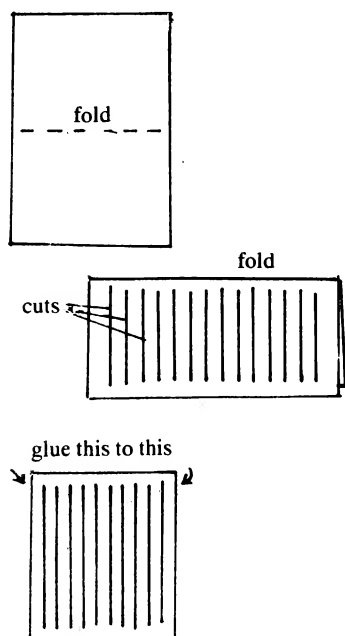
## DECORATIONS

### Paper Chains

What is a celebration without paper chains? Use coloured paper, or colourful junk mail. Cut into strips and glue the chain together, passing each strip through the previous link before gluing. With littlies helping, let them apply the glue while you put the pieces together.

### Chinese Lanterns

These can be hung on the tree or strung from the ceiling. Use old wrapping paper, colourful junk mail, or coloured paper. Fold a piece of paper in half top to bottom, and make a series of cuts from the fold almost to the other edge. Open up and glue the sides together. Attach a strip of paper either side of the top as a handle. Experiment with multicoloured, multicoloured lanterns.



### Bonbons

We love bonbons at Christmas, so make our own. You can even buy the snaps these days. Ours were simple: a toilet roll tube and a piece of coloured paper wrapped around and twisted. When we pulled them, we yelled 'Bang!!!'. Cellophane would make a nice decorative wrapping. Try putting a written joke, a few lollies, perhaps a party favour, inside the roll before covering it with coloured paper.

### Rice Stars

These make a nice wall decoration. Use plain rice, or colour it with a few drops of food colouring, well mixed in. On pieces of coloured paper, draw a star or snowflake pattern using plenty of glue. Sprinkle on rice and allow glue to dry. Tip off any rice which didn't stick and use it on the next star.

### Stars

Draw star shapes onto cards, using a cutter or stencil as a guide if necessary. Colour (if plain card), and sprinkle with glue and glitter. For a more glamorous effect, cover with foil and then glitter. Add a thread through the top and hang on your tree.

### Joined Bells, Trees and Angels

Take a long piece of paper and fold evenly in a concertina, making sure the last piece is the same size as the rest (or cut it off).

### Bells for the Christmas Tree

Cut an egg carton into its individual cups. Paint, glue on glitter, or cover in foil. Punch a hole through the top and hang with thread onto the tree.

## THE CHRISTMAS TREE

In Australia, we have a tree in a pot which comes inside once a year. In Germany, a cut tree was \$40 upwards – not an option! So we made our own with a branch we picked up on a walk. Put in a vase, it suited our flat perfectly.

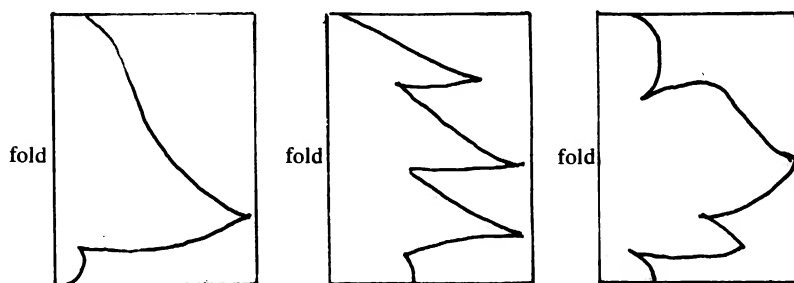
### Dough Shapes

Bakers' clay is great for making tree decorations in a multitude of shapes and will occupy little helpers for several days. Mix 95 ml hot water with 1/4 cup salt dissolved in it into 1 cup of flour. Knead until soft and pliable. Roll out to about 1/2 cm thickness and use biscuit cutters to make shapes. We had elephants among our hearts, stars and angels! Make sure you make a hole in the shapes before baking – a straw works well. Bake for 1-3 hours at about 150°C, or until the thickest part has no 'give'. Don't overbake or they'll be brittle or burnt. Cool before decorating.

Colour with paint (poster, tempura or acrylic), or texta, or with food colouring, before cutting out.

Seal with varnish if you want to keep them.

Cut out one of the following shapes, and unfold.



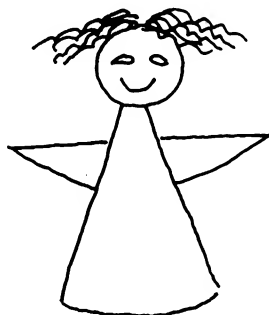


### Pine Cones

Collect small pine cones. Spray or paint – gold and silver look fantastic. Attach a loop of thread at the top to hang on the tree.

### The Angel

Every Christmas tree needs an angel. An easy way is to cut a circle of paper (draw around a dinner plate), and cut it in half. Make one half into a cone shape and glue together. Stick the other semicircle on the angel's back as wings. Finally, cut another circle for the angel's head, and draw on a face. Stick on wool or cotton wool for hair. Place angel over the top of the tree.



Draw on the angels' faces; put decorations on the trees; colour in. Hang on the wall or window.

Add your Christmas presents at the bottom of the tree and you've completed a fantastic festive scene!



## SOLAR BOATING

Frank Wheeler, from Sustainable Technologies Australia, has made boating cleaner and greener for all Australians. After testing a number of prototypes, he has developed a seaworthy, solar-powered boat capable of long distance ocean travel. 'Sun Pirate 2' is a nine metre aluminium, solar-electric catamaran which has a long shaft outboard motor which propels the boat at five knots per hour. The solar panels on the boat weigh 250 kg, the batteries 800 kg and the boat's total weight is 3000 kg. Using the 20 sq m of solar panel, and the 200 amp hour batteries, the cat can travel at night using

energy stored during the day.

Frank has been working with sustainable energy technology and alternative energy programmes for many years, his latest achievement being a distributorship throughout Australia and Asia for the renewable energy products available from Sustainable Technologies. But his main love is pursuing his interest in 'clean' boats. 'Sun Pirate 1' held the speed record for two years for an electric boat in Australia. Now Frank is going to use 'Sun Pirate 2' to try and break the record for water travel under solar power. Good luck Frank.

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### SOUTH DEVON CATTLE

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# I WISH SOMEONE HAD TOLD ME ABOUT: KEEPING RABBITS

by Megan Oates, Narracan, Vic.

I was given a Flemish Giant rabbit, 'L' bunny, two months prior to the Wandong Island Escape. Much to my surprise, I was able to get my two dogs (thirteen and six year olds) to obey me, rather than instinct, so a happy family there was.

'L' bunny free-ranged with the dogs and the Muscovy ducks and life was sweet. Then, I saw some superb Angora rabbits at Seymour Alternative Expo. With quite some forethought, and after library research and watching a Landline show about Angora wool, I purchased one male white Angora five months old and one female black, unrelated, four months old. They were Yin (female black) and Yang (white male).

At their Taj Mahals they arrived – a sunroom with lino floor and eight (circa 40s) wind-out windows. One rabbit in a dual-room hutch and the other free-ranging in the sunroom. Paradise!

Yang was a true gentlemen as I tested out four or five different combs on his eight-centimetre long hair and tried to establish where his actual body was. As the plastic comb continually filled with wool I realised that my 1.8 by 1.2 metre wall hanging hook rug was looking very possible. However, I quickly learnt that one doesn't wear woollen clothes whilst grooming these gorgeous creatures and promptly made a cotton poncho for the task.

Having read and reread 'Knitting From The Fleece', from the *Early Years*, I've now completed quite a bit of my first hook rug, although varying degrees of yarn thickness is still a problem.

I couldn't keep up with the wool being produced by the two rabbits, despite grooming daily, so Yang got a trim as the warmer weather approached and the matting beat my combing. Maintenance! My kindness was rewarded with a fatal case of myxomatosis for Yang, as, by cutting his hair, I'd allowed access for the mosquito to his body. Yin produced 12 kittens the same day, 11 surviving the birth.



Two of the surviving Angora rabbit family.

Yin fed them for nearly three weeks then segregated herself. Closer inspection revealed myxo. So much for the \$10 calicivirus immunisation.

Myself and eleven rabbits, one goat and two dogs relocated. In our new home I separated the boys from the girls, not an easy task. We had a rabbit-proof balcony and a fly-screened room, and extreme heat for we Victorians. Yes, the rabbits got the fan.

One by one the black kittens, eight weeks old, were taken with myxo. Heartbreaking as it was, I separated kittens with signs of myxo and they seemed to go in pairs so it wasn't isolation as well that killed them.

Two boys (black with white tips) and four girls (three white and one black) remained.

My observations over the eight-month crash course have taught me a lot. The males are generally friendlier, more playful and easier to housetrain. They will train to newspaper and will soon tell you their favourite corner. Thump twice for 'No'.

Rabbit urine varies from murky yellow to red. Red indicated far too much lettuce, cabbage etc. Do use fodder replacement pellets with freshly picked grass. At dawn and dusk they want this, so be prepared to do duties at these hours and groom them when they are dormant in the afternoon.

Straw, hay etc is no good with Angoras. Free ranging is a no-no also. You will never get the tangles out.

If you alternate males and females in rooms they will mark territory (urine up the walls) and leave wool from their necks up the chair legs and corners etc.

Any speaker, electrical, phone cords etc will be nibbled. It only takes one nibble from a rabbit for a disaster to occur. Old hose sliced lengthways and placed over wires will help prevent fires and/or fried bunny.

As I conclude, my two boys, Pointer and Collingwood bound happily on the verandah. The length of their hair seems to be sufficient to keep mozzies away. However the resident possums pose an interesting problem.

One girl remains! She is in a 'sterilised' room and is scared to death of me. After all, I've had to remove her brothers and sisters one by one. Fingers are crossed and mozzie coils are burning.

I wish someone had told me about the headache as you remove the diseased animals from their kin.

---

## CLEAN WINDOWS

A wad of newspaper dipped into a solution of one part vinegar/three parts water is an effective and chemical-free means of cleaning windows.

# XMAS DRINKS

by John Mount, Woodford, Qld.

From mid-December to early January occur the Yule, the Chanukah, the Feast of St Nicholas, and the Hogmanay, all a reminder that Christmas and other Western festivals derive their roots from similar beginnings.

While Europeans are happily indulging their appetites in cooler climes, we in many areas of summery Australia are busily engaged in trying to do justice to a roasted meal, usually in hothouse conditions.

Fortunately, there is a light at the end of the tunnel in the guise of the Christmas drinks. Here we take solace in the oasis of cool drinks served after or during the main meal where we may indulge our Dionysian urges to the full.

Perhaps one of the oldest traditional Christmas drinks would be mead, an alcoholic drink popular with the ancient Greeks, the early Britains and some Germanic tribes. It is still brewed in some parts of England and Europe today. One of the oldest English recipes describes its concoction as follows:

## MEAD

'Mix 12 gallons of distilled water or rain-water with 30 gallons of expressed honey in a cauldron, add 4 ounces of hops and bring to the boil. The boiling must be continued with diligent skimming for at least an hour and a half. The fire is then drawn and the liquid allowed to cool slowly. When cold it is drawn off into a large cask which must fill up to the bung. A pint of fresh wine yeast or ferment is added and the barrel kept 8 to 14 days in a moderately warm place (the warmer it is the shorter the time period) minus its bung with a cup placed over the bung hole to keep out dust and insects. Every day the foam escaping from the cask must be skimmed off and every 2 to 3 days the cask must be topped up with equal quantities of honey and water. When fermentation ceases, drive in the bung and allow to stand 2 to 3 weeks, then bottle.'

Egg nog drinks in the last century, were often served hot and heavily fortified with various liquors. Today it is often served cold minus the intoxicants.

## EGG NOG

Beat 3 eggs with 4 tsp honey, 4 cups milk and 1 tsp of vanilla and serve chilled. Other flavourings such as orange or lemon zest, or nutmeg may be substituted for the vanilla. (For the more adventurous the addition of a jigger or three of rum, cognac or whiskey is recommended.) Serves four.

## PINEAPPLE & ORANGE PUNCH

Mix in a large bowl 2 cups of strong tea, 1/2 cup lemon juice, 2 cups orange juice, 2 tablespoons lime juice, 1/2 cup sugar, leaves from 12 sprigs of mint - stir well and leave on ice for 2 hours. Before serving strain and add: 8 slices canned pineapple with its juice, 2 litres chilled ginger ale, 2 litres chilled carbonated water and some crushed ice. Serves 20.

## CHRISTMAS FRUIT SHAKE

Peel and place any type of fruit in a blender with a handful of crushed ice and a dessertspoon of honey and spin until the mixture becomes frothy and refreshingly delicious. Serves one.

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# COMMUNITY FIREGUARD

## Creating A Safer Neighbourhood

by Graeme Hind, Dandenong, Vic.

Essential fire survival planning is a must for all who live in vulnerable high wildfire threat areas. In the past, traditional approaches to bushfire protection focused largely on fuel reduction which, at times, was viewed as contrary to good conservation. Research and information now available to fire management authorities identifies that the bushfire risk can now be managed without sacrificing the environment.

Community Fireguard is an innovative programme of the Country Fire Authority. It facilitates a method which enables individuals in a group setting to actively develop a range of fire prevention, safety and survival strategies, and a commitment to them in a way that takes into account their differing lifestyles and environmental values.

Small groups of residents living in high fire threat areas, maybe on one-way roads or small communities remote from CFA assistance, including Landcare groups, by working together with a CFA Community Fireguard facilitator can gain access to resources which assist them in developing their own plans and strategies. Facilitators find that the programme works best by seeking out a 'mover and shaker' from the local area to bring together residents concerned with their fire safety.

Community Fireguard groups currently operate in four CFA regions, all surrounding the urban/rural interface in the outer metropolitan area. Small groups exist in other parts of the state covered by facilitators from these regions and CFA headquarters. The programme is set to expand further across the state.

My area of facilitation currently covers the CFA Westernport area, previously known as Region 8, and includes the high fire threat areas of the Mornington Peninsula, Bass Coast Shire and part of the Dandenong Ranges in Cardinia and Casey Shires.

Prior to the fires in January '97, 35 fireguard groups existed in Westernport



When fire is threatening your area it's reassuring to know that you are well prepared and have a plan of action.

area. A further 10 groups have formed since in Mount Martha, Upper Beaconsfield and Arthur's Seat, no doubt as a result of the interest created by these fires.

### SOME ACTIVE GROUPS

#### Currawong Drive

High on a saddle in the Gembrook State Forest in the shadow of the Egg Rock fire tower, approximately 12 kilometres through thick forest from Gembrook, this small collection of residents known as 'Friends of Currawong Drive', have no grid power, rely on tank and dam water for protection, and are very remote from immediate CFA assistance. Solitude, nature and privacy attracted them to this remote forested location.

Phil and Brigitta Rovtars' home narrowly missed the fires of Ash Wednesday in Belgrave, lower down in the Dandenongs. When they settled in Cur-

rawong Drive, they sought advice on how best to site and construct their new home which, among other fire-conscious precautions, included thermal rated glass.

Their involvement with the Community Fireguard programme assisted them in developing personal and group strategies such as establishing phone trees, identifying the best houses to shelter in, and having a creche house where children are sent on days of extreme fire danger. They have also obtained the mobile phone number of the Egg Rock fire tower so they can be alerted to any smoke sighting in the area.

#### Nestle Court Group

This quiet picturesque cul-de-sac hugs the northern escarpment of Arthur's Seat just below the restaurant and chairlift. The fire on Arthur's Seat came to within 40 metres of the end of Nestle Court.



Residents were very vulnerable during the fire and the expected wind change from the south-west would not have improved the situation. Their prayers apparently worked because the wind change came from the south and blew the fire back onto itself. Of all the people on the mountain that day, those who had participated in Community Fireguard were best prepared. Dennis and Gwenda Wakeman of Nestle Court provided the following insight into their experiences.

'When we moved from Beaumaris to Arthur's Seat about four years ago, we were not very aware of the dangers of a wildfire and the precautions that could be taken to protect ourselves and our home. Fortunately, a Community Fireguard group was established in the Nestle Court area and we attended a number of meetings.

'When the fires broke out at Mount Martha on 20th January, 1997, they spread quickly and we began to appreciate the benefits of having our plan of action well thought out. Watching from our balcony was scary and as close as we wanted to be to the action. However, the next day, 21st January, the temperature rose quickly, together with a strong north wind, and our feelings of unease grew. Our fire pump was connected and our resolve to stay with our home strong. Then the fire alarm sounded. Smoke came rapidly up from the Bunerong Track area and we knew that a major fire was heading our way.

'Were we prepared? We wet towels, filled spoutings, brought in door mats and plastic hoses. Some neighbours left promptly, others stayed, and several talked to us about the situation, their preparations, our preparations and the possibility of the fire destroying our homes. The telephone rang, anxious family and friends concerned about our welfare. From listening to the radio, we were also aware of the fires in The Dandenongs and other parts of the state.

'We could hear the fire trucks on Arthur's Seat Road and Purves Road and the bulldozers rumbling down Nestle Court to widen the firebreak under the chairlift, and still the smoke kept coming. The fire passed by down Purves Road, but then the wind changed and our fear mounted again. Fortunately, the magnificent efforts made by the CFA controlled the fire and no houses or lives were lost in this area.

'Being so close to a bushfire of this magnitude was a very scary experience,



The personal heartbreak of a bushfire can be minimised by community and individual education about appropriate risk reduction strategies.

but yes, we were prepared, thanks to the information and advice given to us by the CFA's Community Fireguard Programme.'

#### POST-FIRE INVESTIGATIONS

As part of the post-fire investigations I was fortunate to be able to interview approximately 100 fire-affected residents in the Langwarrin, Mount Martha and Arthur's Seat areas. These visits and subsequent discussions provided valuable insight into their experiences, perceptions, actions and knowledge, or lack of it, on how fires burn and what makes people and houses vulnerable to fire. Much was learnt from these interviews and specific areas of community education and the need for further fire awareness were apparent.

#### COMMUNITY FIREGUARD GROUPS

At the first gathering, a CSIRO video, *Buildings and Bushfires*, is viewed. This video highlights the three main threats from wildfires – embers, radiation and flame attack – with embers being by far the largest source of ignition points on buildings.

After Ash Wednesday, research by the CSIRO into why in excess of 200 houses were destroyed in Mount Macedon resulted in the production of a useful house survival meter used to establish the probable house survivability of homes in bush and grass fires. Use of the meter allows people to see the benefits of remaining with a well prepared home

and become aware of steps they can take to change their immediate environment to minimise not only spark and ember attack, but their vulnerability to radiation and flame contact.

The good news from all this is that given proper education and effective property protection, people and their homes can survive a bush or grass fire.

#### TREES – HAZARD OR ASSET?

Not, surprisingly, the part that trees and shrubs play in house vulnerability excites a lot of interest, as many of our natives are particularly volatile and burn readily. But what is not readily acknowledged is that many species have a high tolerance to fire and, with good planning, there are many changes that can be implemented to minimise risk. The notion that clear-felling is the only alternative in fire prevention is now known to be wrongly held.

#### EVACUATION – TO STAY OR GO?

This vexed and often asked question is faced by many in the path of a wildfire. The rights of individuals to stay and protect their properties should be recognized as this strategy may be all that is necessary to save a home from embers, radiation or flame. This right of choice is preserved in the Country Fire Authority Act and forms the basis of the CFA Evacuation Policy in the event of wildfire.

When considering whether to stay or go, the following points should be the

basis for any individual strategy .

#### Is the home defensible?

Are you physically capable of defending the home? (Enough water, suitable pumps, hoses etc.)

#### Mentally prepared?

Any family members unable to cope? (Elderly or very young, handicapped, asthma etc.)

Are you prepared to remain with the house after the fire has passed?

Fundamental to these decisions is that there should be no last-minute evacuations as there are many examples of loss of life in these circumstances.

#### Is Your Property Firefighter Friendly?

Not only should homes be prepared, but also consideration needs to be given to other areas around the property. These include driveways wide enough for fire appliances, somewhere to accommodate the turning circle of 4WD tankers and gates wide enough for them to fit through. The 'old grey Fergie' might be able to do it easily, but what about the fire truck? Trucks average about 12 tonnes GVM. Will your bridges and culverts support the weight? Is there enough room near the tank, swimming pool or dam for fire trucks to refill with water? Are the tank fittings compatible with those used by the CFA? Human nature being what it is, firefighters will choose a property which is firefighter friendly from which to stage an attack on bush and grass fires.

Note too that there are many causes of fire and in very general and simplistic terms, lightning is one of the few natural causes with three other main causes being men women and children.

Further details about this very interesting community education initiative are available from: Graeme Hind, Community Fireguard Facilitator, Westernport Area HQ, Dandenong 3175. Ph: 03-9793-4088.

## UNHEALTHY 'GREEN REVOLUTION'

The New Scientist recently reported alarming research results from a study of the long-term effects of the so-called 'green revolution' in South Asia. New plant varieties fed with high levels of artificial fertiliser have dramatically increased food production, to no one's surprise. But now it seems that those intensively grown crops are nutritionally deficient. They lack vital trace elements and minerals, particularly iron and zinc. This deficiency has been passed on

through the food to such an extent that an IQ loss of 10 points has been observed in a whole generation of children who have consumed a diet largely based on crops grown this way. To quote New Scientist: Even as the food supply in some countries has increased, so has the number of people suffering incapacitating vitamin and mineral deficiencies. This is threatening to lock parts of the Third World into an endless cycle of ill-health, low productivity and underdevelopment.

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See last page for details

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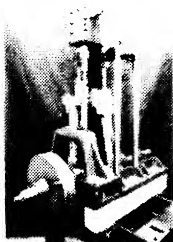
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# STAIN REMOVAL FOR CARPETS & UPHOLSTERY

by John Mount, Woodford, Qld.

There are three cardinal rules for removing stains from carpet and upholstery:

- Never use volatile cleaning substances such as acetones, dry cleaning fluid etc, on acrylic or other artificial fibres.
- The quicker the stain is attended to, the easier it is to remove, and the better will be the final result.
- Always physically remove as much of the staining substance as possible before applying a cleaner, otherwise you risk spreading the stain even more and 'fixing' it permanently into the fabric.

If you must experiment with a cleaner put a little on a part of the carpet or upholstery that is the least conspicuous.

With the previous advice in mind here are some tips for the removal of various common stains from carpets and upholstered furniture.



## ALCOHOL

Absorb the excess fluid immediately with absorbent paper or towelling. If the stain is beer, dissolve one teaspoon of laundry detergent powder in one cup of warm water. Continually apply this solution

with a sponge using a pumping action as you work, at the same time use dry absorbent paper or cloth as often as possible on the area.

White wine staining must be attacked in a similar fashion. Absorbent paper or towelling must be used to blot up excess fluid. Make up a solution of one teaspoon of detergent powder, one teaspoon of white vinegar to one litre of warm water. Sponge often with this mixture whilst you are towelling up the area.

For red wine blot up as much as possible then mix one teaspoon of borax powder with water to a thick paste. Rub this vigorously into the material with a discarded toothbrush. Wait until it dries and vacuum or brush.



## FRUIT OR JUICE

Remove any excess with absorbent towelling. Then sponge with newly-opened soda water. Sponge and absorb. If stain persists, sponge with a solution of one teaspoon of detergent powder, one teaspoon of white vinegar to one litre of warm water. Sponge and absorb.



## CREAM OR ICE CREAM

Scrape up excess. Use warm detergent suds, avoid excessive wetting. Sponge and absorb until stain has faded. If stain persists make a paste of borax and water and work this into the carpet or upholstery. Vacuum or brush off when dry.

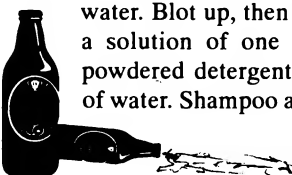


## GREASE

To remove grease, cooking oil or spilled handcream from carpets or upholstered furniture, scrape or blot any excess, then liberally sprinkle the area with cornflour. Rub it into the stain with your fingers. Leave overnight then brush and vacuum the cornflour, along with the grease it will have absorbed.

## SOFT DRINK ON CARPET

Blot up excess. Sponge with warm water. Blot up, then sponge with a solution of one teaspoon of powdered detergent, to one cup of water. Shampoo afterwards.



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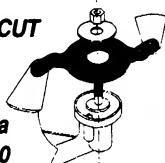
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# POSSUM'S PUPPET THEATRE

by Sherryn Savage, Currambine, WA.

## *A Family Project For The Holidays*



Bradley and Amy in their puppet theatre.

What a wonderful way for children to express their imagination. Through this puppet theatre their creativity will flourish. It's both inexpensive and simple to make, so simple that the children can also be involved in making it (especially when it comes to the artwork). The shows that they perform will be sure to both amuse and delight you.

### **Materials:**

#### **for theatre**

3 sheets white cardboard (approx 64 x 51 cm)

2 squares thin light fabric (approx 50 x 50 cm)

string (approx 80 cm)

scissors, ruler, glue, stapler, texas, crayons, coloured pencils or paint to decorate.

#### **for puppets**

pop sticks (1 per puppet)

any art and craft materials eg fabric, felt, cardboard, wool, buttons etc.

### **To Make Up Theatre**

Fold two sheets of the cardboard as per diagram 1, then cut the remaining sheet of cardboard as per diagram 2. Now using diagram 3 as a guide, glue the cardboard into place to form the theatre.

To make up the curtains, take one piece of fabric and fold an edge over (approx 5 cm) and sew along it to allow the string to be threaded through. Repeat with the remaining piece of fabric.

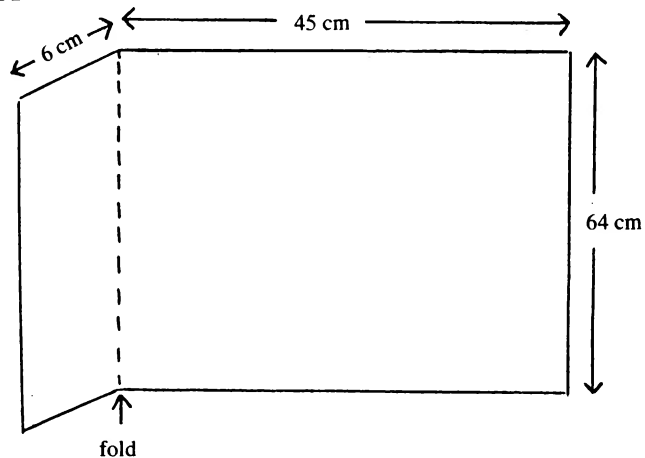
Referring to diagram 4, use a darning needle or compass point to pierce two holes where the dots indicate. Then, taking the string, staple the centre of it onto the cardboard where the X is shown.

Thread one curtain onto one end of

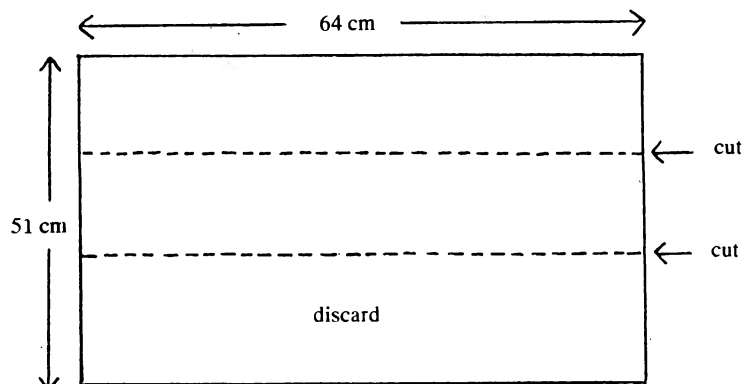
the string, then feed it through the pierced hole at the side. Ensuring you have the correct tension, knot the string

so that the curtain will remain in place. Now repeat the same procedure with the remaining curtain.

**Diagram 1**



**Diagram 2**

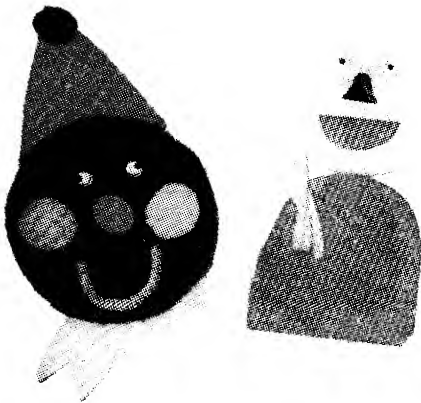
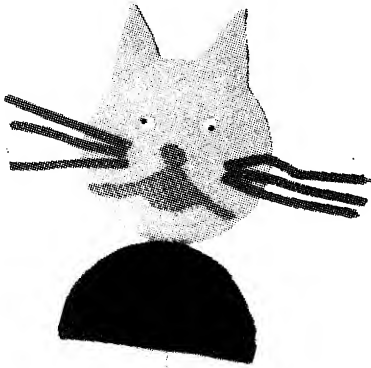




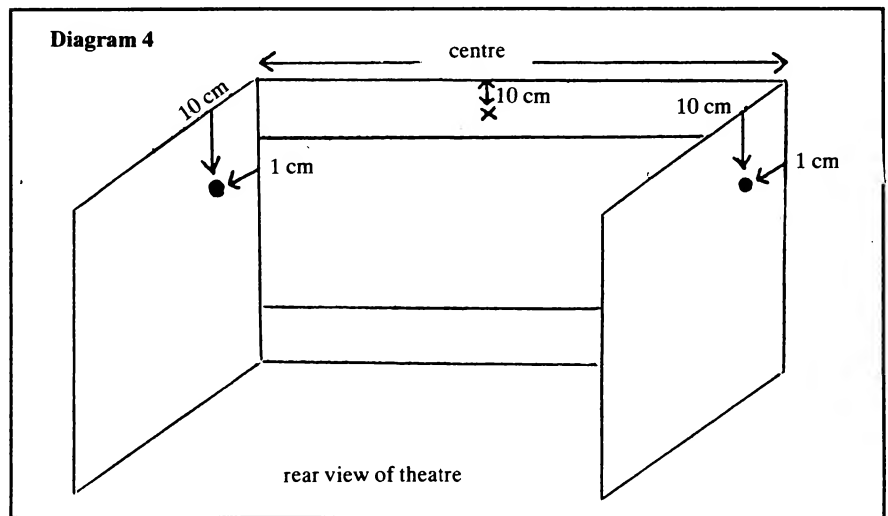
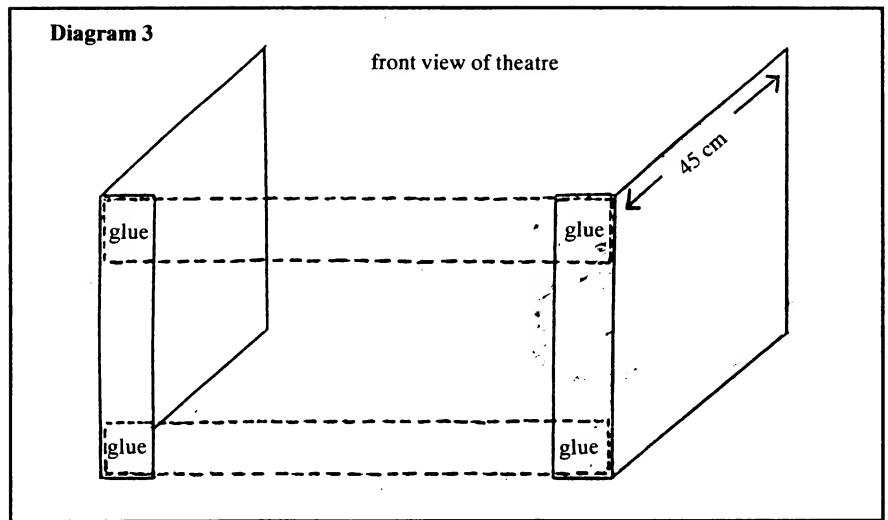
The theatre is now ready to decorate in any way you wish. This is where the children could step in and have some fun. I glued some leftover fabric across the top of the theatre (as seen in the photo), however this of course is optional.

### To Make Up Puppets

This is where you can really let your imagination run riot. Using whatever materials you have (refer to above list for ideas), make up animals or people and glue them to the pop sticks. If you have any trouble coming up with ideas ask the children, they are sure to have plenty. Better still, let them make their own puppets.



Some of the puppets made by Sherryn and helpers Bradiey and Amy.



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# DIVERSIFY WITH REDCLAW

by Jean Versace, Innot Hot Springs, Qld.

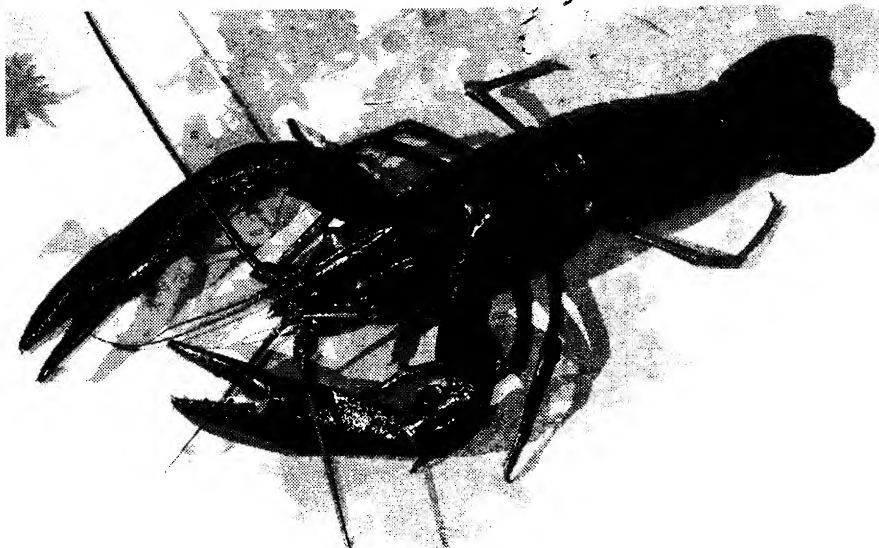
You have a farm but could do with a fortune, right? What about diversification? Ostriches? Emus? Deer? Pen them in and watch them breed. No worries! Or, for a challenge of a different kind, to suit the size of your block, what about freshwater crayfish? Why not take advantage of the growing interest in Aussie bush tucker with this little delicacy? After all, there's a lot of bush tucker out there that's scarcely edible, let alone delicious.

Yabbie and redclaw aquaculture is growing in the eastern states, following the lead of Western Australia whose marron industry is well established. Marron were tried in Queensland early in the development of the industry, but the climate was too hot for the large, slow-growing westerners. Harvested from wild collections, they were unable to survive the stresses of aquaculture in the tropics. An alternative species was the redclaw, a native of the Gulf rivers of Queensland and the Territory, which became the basis of the freshwater cray aquaculture industry in Queensland from the early 1980s.

The redclaw, the yabbie (farmed from New South Wales to WA), and the marron (South Australia to the West) are species of *Cherax* (which means smooth-shelled crayfish). Tasmania, too, has an established industry. For the sake of simplicity, I'll concentrate on redclaw which come from my end of the country.

I'm not about to tell you how to set up a freshwater crayfish farm. That's for the experts, and besides, I don't know. Your State Department of Primary Industries or Agriculture will be able to steer you in the right direction. But you might be one of the lucky ones who owns a bush dam and flukes the right conditions.

For those whose knowledge of crayfish is restricted to childhood – catching them with a piece of meat tied with cotton, the touchy creatures cajoled from their holes and scooped up in your mother's best colander – it might be im-



A redclaw crayfish farmed under bush dam conditions. The dark colouring probably serves to protect the cray from predator attack.

portant here to mention that the redclaw, at least, doesn't burrow, and consequently earth dams are suitable. Best results come from a dam which has been established for some time with water grasses, reeds and lilies as well as fallen logs under or in which the crays can hide.

The tale of one grazier who is supplying a modest number of crays at good prices to southern restaurants is the kind of story most likely to get up the nose of the farmer who has followed the technology rule book. Given eight crays (five males, three females) some years ago, he put them in a bush dam and forgot them. A year or so ago, a friend asked if there was somewhere on the property where he could put barramundi fingerlings and was assured there was the perfect dam – until the crays were remembered. The barramundi owner checked the dam first, came up with a bucketful of large crays simply by running his hand along under a few logs and the fingerling idea was dropped.

Progeny of those original eight are now being enjoyed at family meals, sent south, or are stocking other bush dams on the property. They were also breeding freely again towards the end of winter so

are obviously happy with their environment.

For sheer independence of spirit, redclaws can't be bettered. Without putting too fine a point on it, they can be a finicky lot. If they don't like their environment, they walk. Don't confuse independence of spirit with common sense though. This is where the challenge comes in. Too often, crays take to their heels, climb to the top of the dam wall and walk. They forget to look around. They follow their claws and head out, usually to a sticky end.

To suit the cray, dam conditions have to be just right if you are going to farm as a commercial operation and money-spinner. The ideal pH level is neutral (7) and the temperature range that best suits them (the Queensland redclaw, at least) is between 17 and 25°Celsius. This will, of course, vary with, for example, the southern or western species. Water quality is of major importance and a good filtration system wherein the supply is turned over on a daily basis (pumping from a storage dam and recycling the overflow back into storage) being recommended.

The bottom line on feeding is to

know when to stop: overfeeding means that water quality can quickly be affected. Breakdown of food through overfeeding, the accumulation of body wastes and lack of filtration could lead to the loss of an entire crop.

Like their sea-going cousins (prawns), freshwater crays have been described as 'maggots on land' because of their end-of-the-chain eating habits. Bottom-feeders, they sift the mud for food which may range from dead flesh to any vegetation that is available. Vegetable material suggested to me included lucerne and sorghum seed, potatoes, or whatever becomes available. Flesh (such as fish waste) is not recommended, as it can quickly pollute the water.

A pellet containing all the required goodies has been developed and may be available on a regional basis. For example, on the Atherton Tableland the red-claw industry has taken off and local produce stores are supplying their own product at around \$12.50 per 20 kilogram bag. With alternative vegetable waste feasible, it would be a moot point as to the viability of feeding with specialised pellets.

Although the Department of Primary Industries doesn't recommend plants in the ponds, individual farmers have found some, such as types of ribbon weed, to be successful. Different regions would need to make local enquiries. Surface plants might enhance the look of the pond, but are of little use to the crays who graze the bottom of the ponds and would probably be a drawback when harvesting time comes around.

The erection of nets widely used for protecting fruit trees from birds has also brought forth a claim on the Atherton Tableland of a '100 percent harvest' when used to cover crayfish dams (more to keep predators out than crayfish in).



A typical bush dam with well-established vegetation (water grasses and reeds, lilies and weed). This dam is about ten minutes' leisurely walk around, with the perfect picnic spot at its head. What more could you want?

Fine nylon line stretched across the ponds has also proved effective against birds.

Predators are legion. One farmer, having begun the expensive infrastructure of several earth dams on his acreage, attended a local gathering of cray farmers, only to be overwhelmed by a daunting list of probable predators for that immediate area. These included introduced pests (cane toads, foxes, cats, dogs, rats) as well as native rats, tortoises, snakes, goannas, every available waterfowl within 200 kilometres, hawks, kookaburras and assorted other native birds and dingoes as well as fish and

freshwater shrimps that might inexplicably be found in a newly established dam. You name it, it probably eats crays.

This same farmer, undaunted, is reproducing his stock happily in company with a couple of families of grebes which have taken over part of one dam for nesting with little apparent effect on the main occupants.

The difficulties and heartbreak of venturing into the freshwater crayfish industry can best be exemplified, however, by the plight of some farmers who had reached what they considered to be a stage where the crop could be harvested, only to find that they had barely

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enough for a feed for the family. For those who might have been considering the manner in which they were about to break into big money, this is equivalent to the recent bottoming of the ostrich industry.

From heartbreak to farce is another short walk. Consider the overseas syndicate which, some years back, set up a large and expensive establishment in Far North Queensland, installed management staff and sat back to await their fortunes. When time came for harvesting, they occupied half a passenger flight from America for the party of the century. The dams were drained, only for it to be discovered that the crays had walked out goodness-knows-how-long ago. The rumour was that the locals on the Northern Gulf River had been enjoying a substantial increase in the population of redclaws in their waterways for a considerable time.

Careful selection of the mature crustaceans is part and parcel of successful sales. Restaurants have their preferences for size and colour to suit their menus and their clientele. One farmer produced a cray 31 centimetres long only to have it rejected by the restaurant trade because

its underbelly was too dark. This was possibly because, with age, it had slowed down, rather than for any more sinister reason. (A disease called black spot has been detected in some crays and is causing concern in the fledgling industry. Research is being undertaken.)

The American version of the cray (the crawfish) has been a delicacy for many years, particularly of Cajun cuisine in the Deep South. In our own restaurants, the freshwater crustacean is being welcomed as an expensive addition to specialist Australian menus and its delicacy of flavour is particularly appropriate in Asian diversification, especially by those expert users of herbs and spices, the Thais.

Gourmet magazines are utilising the crustacean in their menus, adding condiments such as chilli, lime and coriander to enhance the new taste sensation. The thought of eating pickled redclaw tails along with the more available seafood delicacies, like mussels and oysters, appeals. A touch of class.

But nothing quite beats a billycan full of redclaws over a campfire, the tails wedged between two pieces of bread and butter, all liberally salted and

peppered, with lemon juice or vinegar added. And take the effort to crack those tough claws, they're the sweetest part of all.

#### Further Information

More information on aquaculture can be found in a series of articles by Nick Romanowski, from GR 85-92. Specific mention of crayfish is in GR 89. Nick has had several books published, including *Farming In Ponds And Dams*, published by Lothian.

The Crayfish Farms Association of Qld, (northern branch), PO Box 735, Tully 4854. Ph/fax: 070-686-274.

The Freshwater Farmer magazine, GPO Box 1625, Adelaide 5001.

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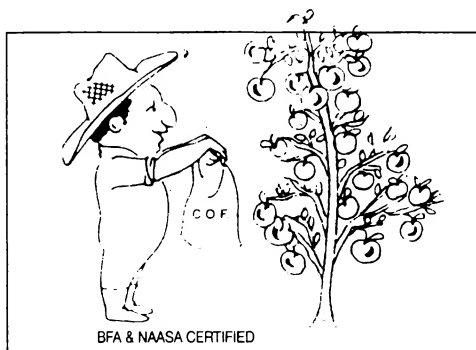
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# HOMEMADE WINE

## GETTING CANNED

by John Walters, Albany, WA.

I have been asked from time to time, if tinned fruits can be successfully used. They can, and so can dried fruits, and fruit juices, but there are certain precautions. I'll deal first with the tinned fruits. When buying make sure that the tin has no dents, that there is no artificial colouring and no preservatives, and always check the 'best before date'. When buying canned stone fruit buy fruit without the stones where possible so the fruit can be crushed easily and you can ferment on the pulp. The syrup normally used in canned fruit has a sugar content of around 20 percent. Some fruits are canned in natural juice and so have a lower level of sugar. It is necessary to check this sugar content so that you will know just how much sugar you will need to use in preparing your wine for fermentation.

The sugar content in dried fruits is a vastly different proposition. This varies between 40 percent and 70 percent and I have included a table which should cover most of the dried fruits that are used for wine making or, indeed, as additives to the varieties of wines we make.

I don't think that there is very much difference between the sugar content of the fruit juices we have here and those that come in from the UK. These show figures that vary from 10 to 13 percent, except for white grapes which have a 16 to 18 percent sugar content.

A point I would like to make about using dried fruits is that they should be chopped finely or minced and left to soak for at least two days before you proceed with the rest of your preparation for the wine you are making.

John Walters is the author of *Cheers!! Home Made Wines and Home Brewed Beers* reviewed in GR117 and available for \$18.50 incl p&p. He can also supply yeast, etc. Any queries can be addressed to: J Walters, 6 McLeod St, ALBANY 6330. An SAE will get an immediate reply.

Yeasts are also available from: Vinmass, PO Box 279, Kelmscott 6111.



### ACID AND SUGAR CONTENT OF CANNED FRUIT\*

Fruit	Acid content (% as tartaric)	Sugar content (%)
apricot	0.5	28
peach	0.3	23
pear	0.2	20
pineapple	0.17	20

\*These values given are for the contents of the can, including the syrup. The syrup used in canning usually contains around 20% of sugar, although some fruits are canned in natural juice and will have lower levels of sugar.

### ACID AND SUGAR LEVELS OF COMMERCIAL FRUIT JUICES (UK)

Juice	Acid content (% as tartaric)	Sugar content (%)
apple	0.5 - 0.8	10 - 11
grape (white)	0.5 - 0.8	16 - 18
grapefruit (unsweetened)	1.4 - 1.7	7 - 9
orange	0.9 - 1.1	9
pineapple	0.7 - 0.9	12 - 13

### ACID AND SUGAR CONTENT OF DRIED FRUIT

Fruit	Acid content (% as tartaric)	Sugar content (%)
apricot	4	40 - 50
banana	1	60
currant	2	65 - 70
raisin	2	65 - 70
sultana	2	65 - 70
date	1	65
fig	2.5	50 - 55
peach	1	50 - 55
prune	1.3	45 - 50

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## OCEAN-GOING PLASTIC

Greens Senator, Bob Green (Tasmania), is calling for government action to prevent plastics being disposed of in the ocean, or in such a way that they will end up in the ocean. A northern hemisphere study estimates 40,000 items of plastic per square mile of ocean. Dead whales found recently on Tasmanian beaches had plastic bags clogging their entrails. Not only is it essential that sea-going vessels not dispose of plastics overboard, but plastics should not be disposed of in waterways, which, inevitably, find their way to the sea.

## A BAD SMELL

The Victorian Institute of Animal Science in Frankston has developed a rabbit and wallaby repellent made from eggs. Two types of the smelly repellents have been trialled on a variety of tree seedlings including eucalypts, pines, wattles, fruit trees, and also on cut flowers and blueberries. A VIAS spokesperson reported that the nontoxic repellent had been more effective than a range of other deterrents. They are seen as an adjunct to other means of rabbit control.

## ENDANGERED HABITATS

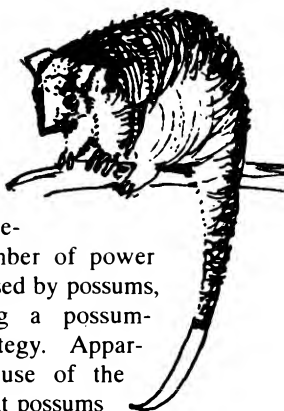
Recent estimates put the number of Australian endangered animal species at 77 and plant species at 235. The government is providing, in '97 - '98, \$4.3 million to protect endangered species and habitats. In a new initiative, the importance of habitat has been recognised and habitats (ecological communities) can be listed as endangered if they are threatened with extinction. A focus on protecting whole communities, incorporating plants and animals, rather than individual species, is expected to lead to more co-operative, far-reaching and successful strategies being developed to conserve Australia's biodiversity.

## WIND OF (CLIMATE) CHANGE

A study undertaken by 12 international scientists, and commissioned by The World Meteorological Organisation, indicates that global warming will cause tropical cyclones to increase in intensity by 10 - 20 percent. No evidence was found to suggest a change in their location.

## POSSUM POWER

A Victorian energy company, Eastern Energy, in an attempt to reduce the number of power blackouts caused by possums, is developing a possum-friendly strategy. Apparently, the cause of the problem is that possums snuggle up to transformers for warmth, often coming into contact with high and low fuse components - thus causing a cost to the company and disruption to consumers, not to mention serious health problems to possums. A possum-friendly transformer, which allows the animal to snuggle up, without the disastrous consequences, is currently being trialled.



## FENCING IN THE BUSH

Not only John Walmsley of Earth Sanctuaries fame is seeing fences as an essential tool in the preservation of our natural heritage. Private property owners at Hotspur (Victoria), with the assistance of a Save The Bush grant, are fencing off 85 hectares of bushland. Excluding their stock will allow the native fauna to regenerate and protect the creek bank from erosion, thus protecting the aquatic ecosystem.

At Tati Tati Nature Reserve, near Manangatang, a vermin-proof fence is being constructed around a 400 acre site. A walkway with labelled native plant species is planned, also information boards to educate tourists about The Mallee, its history and landcare issues.

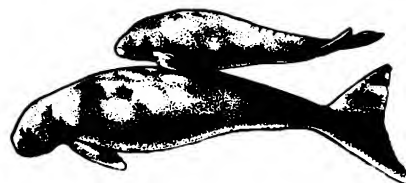
## ELECTRICITY FROM THE SEA

The remote town of Derby in the Kimberly could be the site of Australia's first tidal power generation project. Huge tide variations in the area make it an ideal location to harness tidal power and a proposal is presently being considered for a scheme that would provide nonpolluting and infinitely renewable electricity to Derby and nearby (comparatively speaking) towns. The scheme's proponents claim there is sufficient potential in the tides to power the eastern states, but a slight transport problem to overcome.

## LOW-EMISSION VEHICLES

Major vehicle manufacturers are attempting to meet the challenge of producing more environmentally-sustainable vehicles. Toyota has announced a target of five percent of its vehicle sales for electric and other lower-impact vehicles. Sales of these vehicles will be directed mainly at government agencies. Difficulties to be overcome include the present limited range of electric vehicles (200 kilometres) and the high cost - about two and a half times that of conventional vehicles. The car had its first test run in Australia in October and 1000 of them will be trialled during the winter Olympics in Nagano. The car is commercially available in Canada and Japan.

Ford Australia has produced 25 Falcon wagons this year to run on natural gas, the same as that used for heating and cooling. The cars have been road tested, as taxis, since 1993. Natural gas is cheaper, more plentiful and burns cleaner than petrol, diesel or LPG.



## DUGONG DEAL

In some areas along the Great Barrier Reef dugong numbers have fallen by up to 80 percent in the last 10 years. Aborigines have traditionally hunted dugong for meat and oil, but the introduction of aluminium boats with outboard motors, in preference to dugout canoes, has exacerbated the decline. Dugongs are also drowned in shark and fishing nets. They are slow breeders (pregnancy lasts for 13 months and there is often three years between pregnancies) so the species will take some time to recover. The Australian government regards dugongs as critically endangered.

In an effort to conserve the species, the Darumbal Aboriginal people have signed an agreement with the Great Barrier Reef Marine Park Authority to stop hunting them.

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

### AGGRESSIVE DUCKS

I recently bought three Muscovy ducks. Two of them were very aggressive, brutally attacking younger male and female ducks and me given the opportunity. In the past I had another young drake given to me that would attack from time to time. I keep and breed Muscovies, usually having one male (adult) to four or so females, they are not segregated by sex. The flock free-range through the day, having access to their own dam and are fed chook pellets once, at night in their pen where they also have fresh water. The duck house is on two levels and large enough for the males to keep out of each others way. Incidentally these were not the only 'strangers' I've introduced (gradually) to the flock, others have made very peaceful relations. Any ideas what might be wrong with these ducks? They seemed crazed! Secondly one of my older males tends to get a dirty rear end which I believe is an indication of worms. Why only him? I've dosed their water with liquid poultry wormer but to no avail. Any other ideas?

**Lorraine Chamberlain,  
RIPLEY 4306.**

*It is not clear from your note whether you mean aggressive ducks or drakes. I assume it is the latter. Temperament is something breeders often overlook yet it is essential birds of aggressive and nasty natures are neither kept nor bred from. Temperament appears to be heritable as well as environmental. If you can cut your losses, cull these birds and seek replacements that do have the desired benign nature. You cannot always have an eye on what such bullies are doing and so risk a nasty attack, as well, they can make life hell for the others in the flock, thus reducing lay and even reproduction and the raised stress level may predispose birds on the bottom of the peck order to a lowered immune system and thus disease. They may be crazy through previous poor handling or even maltreatment, or the condition may have been exacerbated through inbreeding.*

*Regarding the loose droppings on the vent feathers of the older drake. As you have wormed recently but the condition persists, it may originate from a different cause. Cloacitis or vent gleet is a chronic inflammatory condition of the cloaca, of unknown origin, which has an associated foul odour. This latter differentiates the condition from worm infestation. The recommended treatment is cleaning the*

*area up by clipping feathers and bathing the skin with the mildest of antiseptics, then treating the vent area with a broad spectrum antibiotic dust. If the drake is old or has been used for one or two years as a breeder you may consider culling or retiring him.*

**Megg Miller.**

### SEXING CHICKENS

One topic that I see being raised constantly is the sexing of chickens and although it is difficult people can simplify the sexing if they select certain breeds to breed from. When people purchase the parent birds they must be careful to select pure strains. If they do this then there is no difficulty sexing (as a general rule of thumb).

The following will be helpful to some GR readers:

Brown Leghorn (R) X Light Sussex (H). Chickens: Roosters-pale yellow or cream with black. Hens-yellowish brown dark patch on their heads.

Brown Leghorn (R) X White Wyandotte (H). Chickens: Roosters are either yellowish cream or black. Hens are buff brown with yellow stripes on the back.

Rhode Island Red (R) X White Wyandotte (H). Chickens: Roosters are yellowish cream or greyish black. Hens are dark, reddish brown with gold stripes on the back.

Brown Leghorn (R) X Barred Plymouth Rock (H). Chickens: Roosters are black with a white spot on their head. Hens are black.

Rhode Island Red (R) X Light Sussex (H). Chickens: Roosters are light yellow. Hens are brown.

People can also refer to GR 62 for some other combinations.

**Syd Spry,  
MALANDA 4885.**

### DOG'S URINARY DISTRESS

Some time ago my eight year old blue healer dog had a large number of stones removed from his bladder, after suffering some distress due to severe urinary retention. He is now on permanent medication of two 500 mg tablets of Methionine supplement daily. This substance is a urinary acidifier which helps to prevent the formation of alkaline urinary crystals. Is

there any dietary regime which would produce a similar effect to that produced by the Methionine?

**Doug Spence,  
BULLFINCH 6484.**

*As usual a list of what the dog eats and does would provide the answer.*

*This problem only arises when too much protein is being fed, and usually the dog is not doing enough work to compensate. I would suggest a total change of diet to the following - for ever! Farrell's Kibble on demand, no other dried food. No meat, no canned food. The dog can be given a small meal of brown rice with plenty of vegetables once a day and the following minerals and vitamins added.*

**First week:**

*1/4 tsp of dolomite a day, this to supply calcium and magnesium.*

*1/4 tsp of yellow sulphur, daily; this will actually supply the methionine, which it is being given at present, in fairly natural form.*

*1/4 tsp of kelp powder twice a week, which will supply necessary trace minerals.*

*1/2 tsp of cod-liver oil twice a week.*

*1 tsp of sodium ascorbate (vitamin C powder) which will help dissolve any future calculi (stones) and prevent them forming again.*

*His water supply must be unfluorided (rain-water preferably) and be put in a glass or china dish and have a piece of copper conduit (pipe) about 5 cms long in it.*

*From then on, he needs the dolomite once a week, the sulphur daily, kelp once a week, cod-liver oil once a week and the vitamin C three times a week for a few more weeks, and then leave it off - he makes his own in his liver. Plenty of exercise, in case he does not get it.*

*Assuming he is a station dog, the only meat he may have is sheeps' shank with the wool on or a fresh rabbit (about half) with the skin (occasionally) on.*

**Pat Coleby.**



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# FEEDBACK LINK-UP FEEDBACK

**Dear GR,**

Another big thank you to those people who answered my 'call' in the June/July edition of the magazine. I now have a half-a-dozen seed varieties of tomato which I didn't have previously. Once grown, I hope to pass them on to anyone wanting them.

I would like to build up a **SEED BANK** concentrating on **TOMATOES** only. If anyone could spare a few of their local/unusual tomato seeds, I would be most grateful.

**Chris Collin,**  
C/- PO, MALANDA 4885.

**Dear Grass Roots,**

I have read your magazine for 12 years and I absolutely enjoy reading every centimetre of it. Thanks GR for a fantastic mag! I would like to hear from anyone who has had experience and information on **HOME SCHOOLING**. I would also love to hear from some down-to-earth GR people who live on the SE coast, or in NSW surrounding the ACT, with alternative schooling in their area and lifestyle. No religious fanatics please.

**Joanne,**  
C/- PO Box 242, EUROA 3666.

**Dear GRs,**

I am trying to gather information together in regard to a **HOLIDAY AROUND AUSTRALIA**. If anyone has done this I would like to hear from them about their experiences, especially if they worked their way around.

**Cheryl Hall,**  
PO Box 1233, BALLINA NSW 2478.

**Dear GR,**

I would be grateful if any members of a **COMMUNITY** around SE Qld and northern NSW (Mt Warning area) could give me any information and addresses to communes which have a boarder system. I think it would be a fabulous holiday experiencing the alternative lifestyles just once, twice or more in my life. I'm also willing to barter my services, ex-Asian cooking or craft, for a few weeks experience. I don't want to live the rest of my life (I'm 42 years) saying 'What if'. I plan to fulfill all desires from now on. Thank you GR for a wonderful magazine, especially your Feedback section.

**Valencia Cuttriss,**  
9 Shiraz St, MUSWELLBROOK 2333.



**Dear GRs,**

I have a very small area of good compost soil which is fully in the shade, does anyone have hints of what could be planted there, preferably food, but anything.

I am looking for a **CARETAKING**/live in nanny situation – Bundaberg to Mackay area. I am a grandmother and have done a child care course. I was brought up in the country, hence am quite practical.

**S Aneerkoff,**  
3/70 Pashen St, MORNINGSIDE 4170.  
Ph: 07-3399-3997.

*You might have problems trying to grow food plants in the shade, but there are many other plants which will thrive, ferns and foliage plants in particular. Some suitable flowering plants are lily of the valley, cyclamen, African violet, viola, columbine, impatiens, hydrangea, calico bush, andromeda. A book worth searching out is 'Gardening In The Shade', by Marcelle Monfries, published by MacMillan Aust.*

**Dear GR,**

I was amused by the **BRIX TESTING** article (GR 121, page 57). We use a refractometer (five times more expensive) here for maple syrup production ('66' is perfect syrup). Your article does not warn against little veg bits/undissolved matter in the liquid which would ruin your 'test'. The minerals in your tap water will influence the BRIX.

I guess what I am trying to say is that this testing is too simplistic

to be really useful – a gimmic. Love your magazine and hope to meet you some day!



**Nancy Pease,**  
PR#6 Shelburne, ON LON 159,  
CANADA.

**Dear Grass Roots,**

I was going to write in and say what a bad idea the 'GR awards' are. But then I read about Niela Lolomanaia from Tongan Islands in GR 121. If anyone deserves to be nominated in the Lifestyle category, she certainly does and I'm sure she would make good use of the \$200 prize. Isn't there a way you could give her all the prizes? Anyway, she must be the epitome of self-sufficient living, doing what she can for her family with obviously limited resources, but making the best of it.

Next, let me say that although I thought all last year's winners were quite deserving, I think the 'award' concept does not appeal to GR readers generally. Personally, I feel that we don't like to discriminate between GR people as a group. It seems a bit elitist to put some above everyone else for an award. Most readers are out there doing their bit for the environment and themselves, but not everyone can get an award for it. Maybe you would consider a yearly contest open to all readers, so that it is just luck of the draw to win rather than certain people being nominated above the rest of the readership.

Anyway, that's my twenty cents worth. Overall, I love GR, especially Feedback of course. Maybe you could have a bigger Feedback section in the winter (June/July) issue, when people are more inclined to be indoors reading and writing more letters than usual (too busy in summer working, gardening, Christmas, etc). I detest the new cover. Sorry, but I think it makes GR look just like any other magazine, which it definitely isn't! I do understand your desire for change, but I thought the old style had more character.

Well, I guess that's more than twenty cents worth! All the best to all GR staff, you do great work.



**Suzanne Parsons,**  
PO Box 277, BOMBOLA 2632.

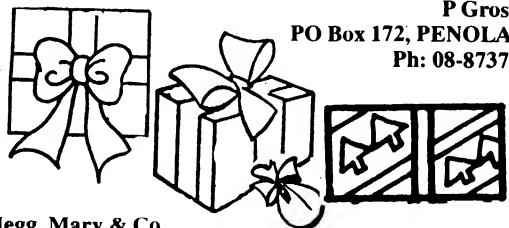
**To GR Readers,**

I am a **RETIRED ORGANIC FARMER** and I believe I could be of assistance to those subsistence farmers and broadacre landholders contemplating organic methods.

I have had 60 years experience on the land and 40 years in organics, mainly on broadacres. My expertise is in beef, dairy, sheep, pasture, cropping, some horticultural, machinery, horses etc.

The plan is to travel to farms by caravan as far as south Queensland advising on organic farming methods, and farm skills to the beginners. If you are interested please contact me at the address below.

**P Grosvenor,**  
PO Box 172, PENOLA 5277.  
Ph: 08-8737-2085.



**Dear Megg, Mary & Co,**

Jodie was asking about **FURNITURE PATTERNS** in Feedback, GR 122, pg 45. A pattern catalogue is available at BBC Hardware/Hardwarehouse stores. I think my two year old copy cost \$4.95 (not sure now). I have also seen this catalogue in some bookshops. The title of the catalogue is *The You Can Make It Catalogue*. I cannot vouch for the quality of the plans. I use my copy for inspiration and draw my own.

**Ron MacCarthy,**  
29A Hewitt St, WILSTON 4051.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Thank you to everyone who wrote to me last time I had a letter in GR. I enjoyed receiving your letters and writing back to you all. I would like to reply to Jane Cassidy's letter in GR 122. We have quite a lot of bush on our property, we are also fencing out areas from stock and regenerating. We derive great pleasure from the bush and the native animals. I am a member of WIRES (Wildlife Information and Rescue Service), we also have two Border Collies. But... I can well understand Liz not wanting to let her property to people with animals; if this is what she has worked to achieve without a dog or cat then others should respect this. Not all dogs are as quiet as Jane's Shepherd, many town dogs go berserk when given space to run; when confronted with wallabies, lizards etc the instinct is to chase. This in itself can stress a native animal so much it dies, by doing this 'fun thing' dogs can learn to kill.

I need not go into the damage cats have done to Australian native wildlife, but they are certainly not welcome here. Just the smell of a dog or cat can be enough to frighten the native animals away. Before I had a dog at the farm swamp wallabies would regularly pass quite close to the creek and wombats would often feed around the house, this is rarely seen now even though our dogs are tied up every night and only released during the day when they can be supervised.

When younger I had two cats that would kill birds for fun, an Irish Setter that would kill blue-tongue lizards, and a Shepherd X, which, while being excellent at hunting rabbits, had killed one wallaby we know of and is no longer allowed at the farm. Both dogs you can take bones from and kids climb all over them: ie excellent temperaments.

The standing rule to visitors here is, no dogs. I can be sure my ducks, sheep and horses are OK and there is no risk of unwanted strays in the bush, and I expect people to respect our wishes, especially as we don't force our dogs on others.

Can anyone please tell me where I can get a SAUSAGE STUFFER from? I have a Major meat mincer and cleaned sheep intestines but no stuffer. Thanks.

Alison Jowett,  
'Allerton', Toorak Rd,  
HOLBROOK NSW 2644.



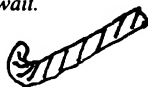
Dear GR Readers,

My wife and I are trying to track an old friend. If you know MICHAEL GRAY formerly of Kemp St, Mortdale Sydney, or if Michael himself is reading this note, would someone please give him a dig in the ribs and get him to drop us a line. We still live in the Bega Valley and would dearly love to hear from him as we have not gazed upon his radiance since 1986. Any news is welcome.

PS: I have been a reader of GR since 1979 and I am still waiting for boredom to set in!

G & P Mallard,  
114 East St, BEGA 2550.  
Ph: 02-6492-3716.

Thanks Gary, we hope you have a much longer wait.



Dear GR Readers,

I have just started a craft called STAMPING and as I am on a pension I find it costly to buy the stamps. If anyone has some old ones that they are sick of using or if there is someone that makes them cheaply I would like to buy them as at my age (59), I've found something that I like doing.

Thank you to each and every person who replied to my letter concerning pickled eggs, comfrey cream, maths book and cough lollies. The response was nothing short of incredible, as always. Thanks.

I have moved from Mooloolo, up to Yarwun and am still receiving mail. Can anyone help me with a Welsh recipe called FAGODS, usually served with mushy peas and potatoes? Hoping you can help.

Maureen Schmidt,  
PO Box 50, YARWIN 4694.

Dear GR & Readers,

I have been searching (to no avail) for a plant/vine called WOODROSE (*Ipomoea tuberosa*), related to morning glory. If anyone has or knows how to get hold of the seeds or plant, I would love to hear from you. I've had great difficulty! It's beloved by flower arrangers, if this helps.

Jeremy Fullerton,  
3/98 Walnut St, WYNNUM 4178.

Dear Readers,

Could some kind person lend me PATONS KNITTING BOOK 116, baby wear (old number), any books on fagotting baby wear and applique work. Will pay for any or return immediately.

Val English,  
10 Templeton St, GORDONVALE 4865.

Dear GR People,

Lisbeth Bowden's letter in GR 122, finally inspired me to share something I've intended to write about for years. As a LUPUS SUFFERER, I have problems with dry skin. Some years ago, when my hands were badly affected by dermatitis, a local doctor told me not to use soap at all. This did help, but I never felt clean. Then a fellow lupus patient told me that she had been advised by a dermatologist in Brisbane to use Sard Wonder Soap. I have done so ever since, with no severe problems. An added bonus is that shower tiles stay clean – no greasy build-up. I have no idea what is in the soap, but it certainly cleans well. I use it everywhere that I wash – bathrooms, kitchen and laundry – with good results.

Now a question! Could someone write an article on just what is in hair shampoo and conditioner, please? Congratulations on a magazine that is always worth reading. Best wishes for a long and successful future.

Agnes McDonnell,  
PO Box 13, WANDILIGONG 3744.

Dear GR,

Could anyone help me with information on SCHIZOPHRENIA and natural intervention?

Anne Kennedy,  
C/- PO, DERBY 7264.

Dear Grass Roots,

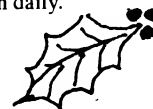
Thank you so much for an excellent magazine. I lose myself in it for hours, and drift away to a more peaceful and natural life. My husband and I have just moved to the BAROSSA VALLEY, one of the most beautiful areas of Australia. We're planning on buying two acres of paradise and owner-building our dream home. We'll most likely build a stone cottage and we're interested in hearing from anyone else who has done the same thing in our area. We'd love to correspond with other people who can give us hints and guidance, people who have learnt from their mistakes and experiences and don't mind sharing them with novices.

Also, as new residents in the area we'd love to meet like-minded souls – people who love life and the outdoors as much as we do. We're both in our mid-twenties, and we are very easy-going and friendly. I'll answer as many letters as possible.

'Franky',  
17 Third St, NURIOOTPA 5355.

Dear Megg & Mary

Re Helda Kelynack's enquiry about SHINGLES. A doctor told me the best treatment for shingles is to paint on Flexible Collodion – an old remedy made up of ether and gum cotton. Don't wash the area, keep painting it on daily.



Rosemary Holmes,  
25 Frederick Street,  
BIGGENDEN 4621.

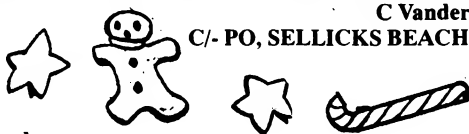
# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

Have been reading GR for ten years now and have found it to be useful for ideas on money saving hints, etc. I am desperate for ideas on **GETTING RID OF KIKUYU GRASS**, having just spent two days clearing a small patch! I have clay soil and the roots went down 45 cm. I have tried pouring boiling water over it, which didn't work. I don't want to use anything poisonous, but the idea of hand-digging it out of the whole yard does not appeal! Hoping someone can help.

C Vander Kley,

C/- PO, SELICKS BEACH 5174.



Dear GR Readers,

It was meant to be. Dale, our daughter, and I were on the train heading home to Brisbane. Beside me was a kind lady, Pam, who mentioned GR to me after our chatty conversation. (Thank you Pam!) The following day I was enjoying the articles and amazed at the like-minded people out there!

For Anne McCabe in GR 122: I've sent a healthy low-fat muffin recipe in to While The Billy Boils.

I'm interested in corresponding with self-sufficient people, communities, or those who wish to be self-sufficient in the future. I would like information on **HOME SCHOOLING** children, a diet for a vegetarian dog, and how to correct short-sighted vision properly.

Carmen,

C/- PO, Beenleigh & Tygum Rds,  
WATERFORD 4133.

Dear Megg & all at GR,

I thought I'd take this opportunity to say hi to you all and compliment you all on my favourite magazine. Even after twelve years of reading it is still the best. I was surprised and pleased to see that an article I wrote quite some time ago appeared in the last edition. We are still living in suburbia but it is semi-rural as we have acreage around us and it is nice.

It has not stopped me from incorporating healthy practices in our everyday living. That's why I like GR so much, **EVERYONE SHARES THIS KNOWLEDGE**.

My husband has just retired a couple of weeks ago and when we get the house painted and jobs done we'll probably move to a quieter place, but till that time I make the most of any situation, drying tomatoes, cooking, gardening (although I must admit I like to grow things we can eat). I am sending our subscription and wish to thank you all for a job well done.

Theresa Powe,

9 Kerstin Crt, ROCHEDALE SOUTH 4123.

Dear Grass Roots,

A little story I just had to share with you. I've only been reading the mag for a short time but I think I'm getting hooked. I have some jakfruit seedlings which I'd neglected recently, forgetting to water them regularly. While reading GR 122 I was suddenly inspired to get up and go and tend to my plants. I felt good as I'm sure too did the poor plants who amazingly enough weren't dead. I've always had a dream of living a self-sufficient lifestyle but at this point in time it's not happening. I've had many dreams come true in my life and I know this one will too. In the meantime I'll keep reading GR and tending the jakfruits.



Tuija Kielevainen,

Box 750, COOKTOWN 4871.

Dear GR,

I enjoy reading your magazine and am gaining a wealth of information from the articles. I have a surplus of **JAM MELON SEEDS**. I am willing to supply ten seeds to anyone who sends a stamped self-addressed envelope.

M Gibbs,

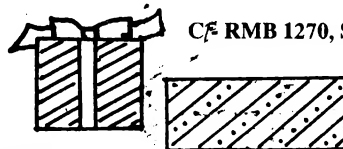
PO Box 128, EUROA 3666.

Dear GR,

Tapioca thickens chicken and vegetable soup, I discovered in the winter. I welcome ideas for other **UNUSUAL GRAINS AND STARCHES**. (I'm sensitive to many foods and chemicals still!) Has anyone grown amaranth and used the grain?

Dianne South,

C/- RMB 1270, SWANPOOL 3673.



Dear GR Readers,

We are moving to **SOUTH HEADLAND WA** soon and are keen to hear from anybody with experiences in that area, especially to do with climate and building in a hot climate. Before we move I have been considering learning **BOWEN THERAPY** and would like to hear from anyone who has had personal experiences with this therapy.

I am also looking for any bread recipes that are wheat free and gluten free as part of a detoxifying diet. Thanks to all involved with GR magazine.



Chris & Janine,

11 Tenth St, MILLICENT 5280.

Dear GR,

I wonder if anyone can help? My husband had a work accident four and a half years ago, he has stripped the myelin from a nerve in his neck, so a **RAW NERVE IS EXPOSED**. He is now using a walking stick, has constant headaches and is genuinely in a lot of pain all the time, despite being on heavy pain killers. He has tried just about everything from acupuncture to herbal remedies, with no luck. He is keen to get off these drugs, but knows of no other **NATURAL PAIN RELIEF**, so if anyone can help, no matter how small or brief, it would be greatly appreciated.

On the brighter side, does anyone have any info they are willing to share on how to build a three bedroom home for under \$50,000? We haven't had any experience at building so any info will be appreciated.

Chris, Brett & Zac,

36 Gloria St, SOUTH GOLDEN BEACH 4551.

Dear GRs,

I wish to thank all those wonderful, caring people who responded to my letter in the penpals column, in the August GR. I cannot reply to all the letters I received, as there were dozens. I do, however, thank you for your wise and wonderful words, your compassion, and for giving me an insight into your own lives and thoughts, which were very similar to mine. Also, there are many lonely people in this world I realise, and there are many people who are willing to give of themselves, and to 'care' about a stranger - I find this to be very humbling. Thank you again.

Lonely Crab Ocean Shell, (Chloe),  
JAN JUC 3228.

Dear Readers,

I'm looking for a source of **ORGANICALLY GROWN DRIED HERBS** (lavender especially) for herbal dream pillows. Also I'm looking for a source of organic, unbleached, undyed, brushed cotton.

I know this is a tall order, though I have hope. Presently I make cloth menstrual pads from brushed cotton (they feel so soft and are beautiful to use), and I'd like to use fabric that is as ecologically sound as possible. So anything that comes close, I'm interested in. Thanks so much.

Lynda Gibbs,

24 Beach Rd, BONDI 2026.

Dear Grass Roots

I would like to thank all the readers who sent tatting patterns & info for the cure of **SHINGLES AND FATIGUE SYNDROME**. As I had so many letters and some had no addresses, I thank them all.

Helda Kelynach,  
DINGEE 3571.

# FEEDBACK LINK-UP FEEDBACK

To 'A Grass Roots Reader',

Whoever you are, who anonymously answered my appeal for information about a book called 'POO LORN OF THE ELEPHANTS', thank you very much! You have restored my faith in the human race!

Dear GR,

Can anyone tell me how to get atriplex (oldman saltbush) and tagasaste (lucerne tree) to germinate from seed, as well as casuarina (sheoak) and mulga (*Acacia aneura*), and when is the best time of year to do this?

Also, does anyone know what varieties of shrub or tree can be grown for sheep to browse in addition to the above?

I have several dozen eucalypt seedlings for windbreak or shade which I'd like to barter for the above **FODDER BUSHES** if anyone has seedlings, within SA only please. Are there any good books on germinating these fodder bushes? Nonsuckering sheoaks interest me.

Rex Niems,

Box 120, FREELING 5372.



Dear Readers,

Has anyone made **SUN DRIED TOMATOES** (preserved in olive oil like you get in the delies)? Recipes for this would be appreciated. We have a tomato in NZ by the name of Dalmation Tomato – excellent for this I believe.

Jo Burns,

8 Shaftesbury Rd,

RD1 Te-Aroha, NEW ZEALAND.

Dear GRs,

Futher to the **ROOF INSULATION** idea and Neil MacDonald's interesting development. I think that the subject is fast reaching the stage where the CSIRO Building Research Station should take a hand and begin testing various possibilities.

The usual ceiling manholes providing roof space access are invariably miserable little affairs, suitable in some cases only for anorexics. Full marks then to the man whose wife loathed vintage cars, who managed somehow to 'hide' a T-model Ford (completely disassembled), in the roof space. Each night he was able to sleep peacefully in the knowledge that his beloved T-model was close by. His diplomacy no doubt saved his marriage.

When I was young a spoonful of **COD-LIVER OIL** was part of your diet. The taste was such that these days it would be regarded as child abuse, but luckily you can buy the cod-liver oil capsules which you swallow and don't actually taste. Nowadays the scientists and nutritionists have made an amazing discovery that the fatty acids and other elements in cod-liver oil guard against heart disease, arterial clogging, allergies of the respiratory system and postpone prostate enlargement.

Roberino,

Lot 4, ARRAWARRA BEACH 2456.

Dear GRs,

Does anyone have any ideas for **COMPOSTING DOG DROPPINGS**? I know it's unhygienic to put them in the main compost heap, but I've had enough of just throwing them out. My Staffie X has taste – she turns her nose up at commercial canned food so she's on a diet of kibble and homemade dog food. We live on a rented suburban block so it simply isn't possible to dig a pit, fill it up and later plant a tree on top. I vaguely recall seeing a design for a doggie-do composter involving making a type of well by burying a clay pipe and putting the droppings down it. Does this ring any bells?

Tatjana Jirgens,

4 Melaleuca Pl, KINGSWOOD 2747.

Dear GR,

For the benefit of people who have been looking for **PUSH HOES**, or Dutch hoes as they are sometimes called, I was able, after writing to KMart management, to buy one from one of their garden shops last Christmas and they still have a good stock of them.

Also, I have a **PAWPAW TREE** (female) which is about three years old on which fruit forms, gets to only four centimetres in size and drop off. The tree gets plenty of organic fertiliser and water. Help!

Shirley Svensson,

516 Musgrave Rd, COOPERS PLAINS 4108.

Dear GR,

Can anyone help me with plans for a 'COUNTRYMEN'S CART'? It is a useful flat-bottomed wooden cart with large metal wheels which goes over rough ground, mud or snow easily. I have seen them before in an American self-sufficiency magazine and would like to make one. I would appreciate any information.

A Wilkinson,

RMB 2450, COBDEN 3266.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

Dear Megg & GR Readers,

I really look forward to GR mags and love your stories of Down Home On The Farm, especially the story of Suni and her graduation ceremony, congratulations on her Arts degree. You must have been very proud. We also had two granddaughters graduate this year.

In your Feedback two readers have asked for **KNITTING PATTERNS**, one some months back for machine knitting patterns and one for sock patterns. I have sent them both patterns and I have not heard back if they received them. I would really like to know as I sent them from NZ – would not bother to do it again.

I really enjoy your magazines and have had them now for over 16 years. My son in WA first told me about GR. Many thanks and best wishes to you and GR readers.

Ruth,

Mt Roskill, NEW ZEALAND.

Dear GR Family & Readers,

What an amazing magazine Megg and the other staff produce. This is my first letter and I hope that the generosity of the readers will be extended to us.

My husband, Chris, and I have bought 55 acres at Firefly, west of Nabic on the mid-north coast of NSW. We live in Sydney and go every spare weekend and plant trees, clear lantana, blackberry etc, and plan for when we can build our house and work towards our future.

I have been unable to find any satisfactory publications on 'what is **A HEALTHY DAM**'. I have snippets from many books and magazines but really need to know how to manage our dams properly. How do you clear the weed build-up without machinery or money? My husband in his waders raking the weeds and water couch to me at the bank is a sight to see. We have even thought to buy a dinghy to try to improve our methods. Should the spillways be clean or grassed? Sometimes the smell of rotting weed stinks. We want to encourage more birds and native animals and intend to extend our natural vegetation areas. We would greatly appreciate any information.

Glenda & Chris Horman,

C/- 43/5 Ponderosa Pde, WARRIEWOOD 2102.

Dear GRs,

I am currently finalising a combined index for all GR issues. To do this I need to check various articles in **COPIES 2-5 INCLUSIVE** that need classifying. If you have any of these copies to sell or to let me inspect could you please advise; thank you.

John A Martin,

Upper Eden Rd, KYOGLE 2474.



# FEEDBACK LINK-UP FEEDBACK

**Dear Megg,**

Thanks for a great magazine. Like most of your readers we are planning for the day when we are finally able to make the move to our own few acres. While we are waiting and planning we have come up with a number of queries that we hope readers may be able to help us with.

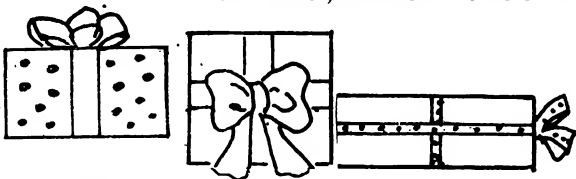
Firstly, raising **SQUAB AND/OR QUAIL**. What are some of the pitfalls we may encounter? What is the best feed/diet for them? Is one breed/variety better than another? Is there a market or demand for the meat? We found some information in GRs 27 & 67 but would love to hear from anyone with personal experience raising either squab or quail.

Next, we would like some information on growing **GINSENG**! How do you grow it? From seeds, bulbs or cuttings? Where can we obtain supplies to begin growing it?

Lastly, we are looking for some seeds for **TRI-AMBLE PUMPKINS**. If anyone can tell us where to find them or if they have a few they would like to sell we would pay a reasonable price or even just re-imburse postage.

We will answer all letters sent to us, because we know what it is like from experience to send something and be promised a reply or postage and never receive anything at all. We posted two books on doll making with patterns for dolls as well as clothes, to a reader who had a request in the Feb/Mar 1996 issue of GR, and still have not received a reply.

**R & J Marshall,  
10 Knox St, CARRUM DOWNS 3201.**



**Dear GR Readers,**

We are an elderly but very energetic couple living on a very beautiful 200 acre property on the far south coast of NSW. We have a small herd of cattle and a flock of sheep and grow a crop of corn in season.

If there is anyone out there who can be completely independent, own caravan and transport – we can offer an **ATTRACTIVE CARAVAN SITE** with room to practice self-sufficiency – vegetables etc. In return we could do with an extra hand or two when we have to herd the cattle or sheep or do a bit of fence repairing etc. These jobs occur only very occasionally. We would also like to have someone caretake the place while we visit our children in Melbourne for short periods. We will be pleased to hear from anyone interested.

**Evelyn and Arthur,  
C/- PO Box 242, EUROA 3666.**

**Dear GR Readers,**

Recently a copy of a magazine called *AusIndustry* came into my possession, one section of it listed the names of several small companies who had received grants for **RESEARCH AND DEVELOPMENT**, I think three of these may be of particular interest to GR readers.

To Pacific Solar P/L: a grant to develop an 'Innovative integral power conditioner for solar electricity applications'. This will provide the missing link in the achievement of sustainable energy through solar electricity.

To Timco Technologies P/L: a grant to develop a 'glass log pilot plant', which should become the key to the technology that will allow the internal structure of logs to be known prior to sawmilling and generate a wide range of industrial, economic, and environmental benefits, including a strong impetus to value added processing and improved utilisation of resources.

To Minerals Corp Ltd: a grant for 'technology for the manufacture of silicon carbide from rice hulls'. A unique Australian technology to manufacture silicon carbide from rice hulls, which is currently a

waste product. (Silicon carbide is used largely in engineering to produce durable cutting edges on saws, lathe tools, drills etc)

It's nice to know that the Government is spending some of our taxes on such worthwhile projects. On a less technical level, the handy hints column of one of our local papers suggested that **SPI- DERS COULD BE ELIMINATED** by spraying them with soapy water; I've tried it a couple of times and it seems to work, readers may find this preferable to insecticides.

**B Stephenson,  
16 Carol Ave, JANNALI 2226.**

**Dear Grass Roots,**

In GR 122, Feedback from Maureen Lucivero re **KOMBUCHA TEA** led me to paper and pen. My mother used parts of the plant on a corn on one of her toes, and used kombucha tea as a foot bath, to relieve much pain caused by the corn. The size of corn had reduced, bringing also great relief of pain. Since hearing from a couple of people who have had a negative experience of losing too much weight (not required in this instance) and also my mother having lost too much weight (as she was drinking the tea), and neither needing any weight loss (one of those people who have always been slim, naturally), the drinking of the tea and treatments of corn have been stopped. Although I have heard of several cases where people have had good results using Kombucha tea.

Could any reader of GR share with me any healing treatments/remedies for **CORNS ON TOES**, apart from kombucha tea, that will have no harmful side effects on an elderly lady who suffers from asthma, and arthritis at times, to the best of their knowledge anyway?

**Aline Wyporski,  
4/34 Westacott St, NUNDAH 4012.**

**Dear Megg & Mary,**

May I advise Kerry Ridley, GR 121, p 47 (her son has laryngeal papilloma), to try giving her son **MASHED POTATO AND PUMPKIN**, as potato is high in vitamin C (50% of daily diet) and 2 gm of daily requirement of fibre. Pumpkin has vitamin A (more than 70% of daily needs in an average size serve), vitamin C more than 25 % and fibre 3 grams or more of required daily fibre. Some people don't like pumpkin on its own but mashed in with potato it's tasty. Thank you for a great magazine. PS: Information courtesy of Health Department, A4 paperback, ISBN 0 7309 37062.

**Ken & Edna Hamilton-Brown,  
27 Alice St, BELLEVUE 6056.**

**Dear GR**

I would like to contact an engineer/welder who had a business in **MT ISA** about 1970. His first name was Adrian and he would now be about 60 years old. He was working on solar heating and I'm interested in buying one of his units or plans.

**Roberino,  
13 Arrawarra Beach Rd,  
ARRAWARRA BEACH 2456.**

**Dear GR Readers,**

I am writing to you in the hope that someone somewhere can help me or advise me. A friend of mine – a **TEENAGE BOY** – is very distressed because he is **LOSING HIS HAIR** – it is receding back from his forehead. He has been to see many people specialising in hair loss including herbalists, naturopaths, doctors. He is now considering paying out hundreds of dollars on a new treatment in Brisbane that guarantees no more loss of hair and even possible replacement of lost hair through regrowth. This treatment needs to be ongoing for the rest of his life. It is some sort of electronic treatment. I am hoping that someone out there knows of a proven method – hopefully natural – or if not, could advise or recommend a tried and proven method. I am not saying that this electronic treatment that he is considering will not work, but I don't know anyone who can recommend it. It is all very costly and ongoing. Can anyone help him?

**Miss B Phillips,  
2 Landers Lane, CURRUMBIN WATERS 4223.**

# FEEDBACK LINK-UP FEEDBACK

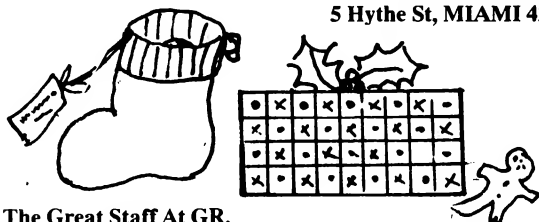
## Dear Fellow GR Converts,

Thank you for our main source of reading material. I would appreciate any replies concerning my husband's advanced **OSTEOARTHRITIS HERBAL REMEDY** mixture. He has had wonderful pain relief from Seatone (mussel extract) but has also recently started taking two pennywort leaves each day and aloe vera juice. We would like any feedback on other people's success with any or all of these and especially any adverse reactions. Is this amount of herbs an overkill?

We have four girls aged 2, 4, 6 & 8 years who all have the same good diet and brush their teeth twice daily, but the four year old always has stale breath, especially in the afternoon. Any suggestions?

Also, any Gold Coast mums with preloved clothing, we would give a kind home to them.

Gloria McCowan,  
5 Hythe St, MIAMI 4220.



## To All The Great Staff At GR,

I have enclosed a cheque for a years subscription to help celebrate my good friend's fortieth birthday. She has ten acres and so I know that the information contained in the magazine will be of help to her. Last December for my birthday my parents gave me a years subscription as a present and I'd like to take this opportunity to thank you all for such a fantastic magazine, it has kept me inspired and positive to achieve my goals of living self-sufficiently in the country since I first started buying this magazine seven years ago when I was living in Melbourne. To date, with my four boys (all five years and under) I have moved to a rented farmhouse on 600 acres and feel that now I can start realising a lot of those dreams that family and friends thought were only an unrealistic fantasy of mine.

As a young and ever-wanting-to-learn mother I would love to correspond with any other women with **LARGE FAMILIES** who are trying to be as self-sufficient as they possibly can and trying to do so on a shoestring budget.

Adele F,  
PO Box 112, ELMORE 3558.

## Dear GR Readers,

Wow, I only just discovered this magazine the other day. I could not believe how much I enjoyed reading it. I'm hoping somebody can help me out. My life got turned upside down due to the abuse of **ANTIBIOTICS**. These drugs in turn have left me with allergies and chemical sensitivities, none of which I had before the start of that drug. I am searching for a **NATURAL HAIR PERM** as, due to my sensitivities, I need one without chemicals. I would love to hear from anyone who can help.

Also, my best friend, my little dog of nine, has just had a lump cut out; it could be cancer. Is there anything I can do for her and what foods are best instead of the canned polluted types? I would love to know for my cat too.

Also, I have been advised by naturopaths to have my mercury replaced and my root canal done away with. It costs so much, I would love to hear from anybody who has had it done and whether it helped. I'm hoping to receive lots of replies. I wish my life was normal again.

Mrs R Bailey,  
Lot 13 Serenity Drive, TINANA 4650.

## Dear GR Staff & Readers,

My partner's major back pain and surgery gave him a good twelve months of questioning and criticising life and how we lead it.

Coming across GR mag and lots of info from my father, our eyes started to open to a whole new world of living. We are now slowly

**CHANGING OUR LIFE** from being total consumers, angry, scared and confused, to taking less, using less and giving more, while supporting small business/industries as much as possible. We have started to rid ourselves of the hypocrisies in our lives, talkers not doers and the conveniences which surround us.

Although we live in the Brisbane suburbs in a small unit with two balconies, we're happy to say that we've just taken the first steps to growing organic vegies! But that's not the main reason we've written. My father is the hardest person to please with presents as he's happiest with least possessions possible. Over the years he has given us guidance, support, encouragement, love and an enthusiasm for looking at life from a different angle. It's his **BIRTHDAY** coming up and we are looking for ideas from readers as to what to give him on a **SMALL BUDGET**.

He's the most important person in my life, so something special is a priority. We are also looking for people to correspond with. Gregg's 25 and I'm 21 years of age. We are not into New Age at all. Letters and ideas will be welcomed.

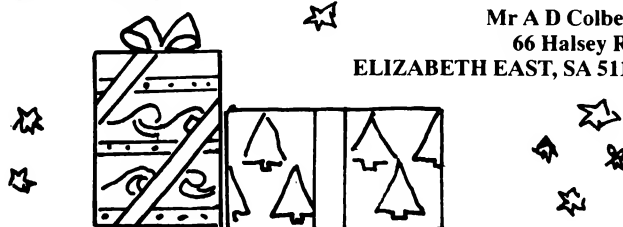
Tammy & Gregg,  
PO Box 2130, CHERMSIDE CENTRE 4032.

*Why not give your dad 'vouchers' for something you know he needs but would not ask you for, such as: a massage, a homecooked meal once a week for the next year, lawn mowing or gardening assistance?*

## Dear GR,

Hi! I write to you requesting an enquiry, and a favour, I have seen in past issues adverts for a grain mill, which is adjustable, and various sizes of spinning wheels for wool etc. Also, could anyone assist me in finding out where to find a **HAND LOOM**? The reason I ask for this favour is because I have had enough of cities and towns and wish to go to the heart of the country and be totally self-sufficient. I have been a vegetarian for 26 years, mostly because I feel it is wrong to kill in order to live.

Mr A D Colbert,  
66 Halsey Rd,  
ELIZABETH EAST, SA 5112.



## Hi Folks,

If anyone in WA can help me locate a **VANILLA ORCHID** or seeds from the eastern states I would be most grateful.

My partner has a friend on a special diet due to illness and allergies. Any **RECIPES** for breads, baked goods, pasta or family meals would be much appreciated. Cannot have: wheat flour, yeast, potato, sugar, honey, dried fruit, watermelon, mushrooms, beef, seafood (other than fish), any dairy products, vinegar. Can have: rice flour, chick pea flour, rye etc, oats, soya products ie milk substitute, tofu etc, lamb, chicken, fish, goats milk and cheese, legumes, sweet potato, vegetables. All letters answered, thanking you in advance.

Jacqueline Walker,  
9 Burrows St, NEWMAN WA 6753.

*There are many excellent recipe books available for allergy sufferers. Look for these titles, or ask your library to order them. 'Living With Allergies', Xandria Williams; 'No Milk, No Eggs', Pauline Moore; 'Healing Foods', Walter Last; 'What Can I Eat?', Anne Clarke; 'Friendly Food', Royal Prince Alfred Hospital Allergy Unit*



Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary,**

In GR 111, page 61, Mary had an article – **A VEGIE PATCH FROM SCRATCH**. Mary wrote of broad beans harvested in October. Once finished, pulled out and added to compost.

My broad bean rows are spaced as for tomato rows. Broad beans are close to finished when tomato plants are ready to plant. At this time stakes are put in place, pulling only enough bean plants to set tomatoes, beans close to stakes are tied to stakes at about 60 cm height, protecting tomatoes against late frosts. When tomatoes reach 60 cm the beans are pulled, then dropped in the rows as mulch.

When the tomatoes are finished there is no trace of the broad beans. The tomatoes in turn are pulled and dropped on the bed for mulch. The vegie beds are toppedressed with litter from the fowl pens.

Due to the influence of an uncle in Tasmania, some 50 years ago, I plant flowers amongst the vegies, to encourage 'plenty of bees and you won't have many bad insects'. So every second stake has a dahlia growing by it. Garlic is grown all round the garden.

**Ken Woods,**  
269 Heard Ave, YARRAMBAT 3091.

*Thanks for the idea Ken. It's certainly a way of getting the tomatoes in earlier in an area where late frosts can be a problem.*

**Dear Grassrooters,**

I really liked the letter from **REAL CITY GIRL** (GR 122). I'm a city girl too – ex-London, ex-Sydney, and before that a house-boater, definitely no garden! However, **I STARTED SMALL** here in Tasmania with an average sized yard at the back of a rented farmhouse. Grew potatoes under straw and a few tomatoes on the north side of the house, lettuces from punnets etc. Moved on to a larger back garden when we built our own house: peas, cabbages, easy stuff. I got my information from ordinary gardening books, and the backs of seed packets. The Agriculture Department helped when I ventured into a small polyhouse for frost-sensitive vegetables and fruit and nut trees (about a dozen, all did well).

Second marriage brought the real challenge. We bought 100 acres and read up on permaculture (Bill Mollison), relied heavily on alternative lifestyle books, *Grass Roots* and similar. The soil was awful, thin and clay. I've built it up over the years and it's now a spade's depth of friable topsoil, mulching, composting, spreading chook manure, dolomite etc. Anything grows now in my cottage garden. My 'bible' is *The Practical Australian Gardener* by Peter Cundall. It gives a week-by-week guide what to do and I don't do anything without consulting it first. I'm still a house-boating city girl at heart, you see, but managing pretty well and loving it. Hope you'll have a go and good luck!

**Hassanah Wilkinson,**  
Challamoor, BANGOR 7267.

**Dear Grass Roots Readers,**

I would like to sincerely thank the many (more than 50) kind, thoughtful and helpful people who took the time to answer my query regarding **ROSELLA JAM**. I was overwhelmed and delighted by the number of responses I received by mail and by phone. At the time my letter was published I had just given birth to my second child, so I have not been able to reply to each letter personally, as I would have liked, due to the shortage of both time and money for postage. Also, I did not have any rosellas growing at the time (due to the time which lapsed between writing the request and having it published) so it was a while before I could try any of the recipes. However, I am pleased to report that my first attempt, with rosellas I bought, was a resounding success, so many, many thanks to all of you who wrote with helpful hints, recipes and advice, I really appreciate it. And thank you to *Grass Roots* for providing such a wonderful support and information network. I love the magazine, especially Feedback, and I'm hoping I'll be able to help someone one day too.

**Melissa Digby,**  
PO Box 628, MALANDA 4885.

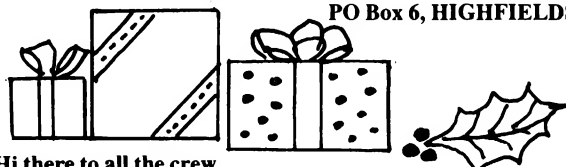
**Dear GR People,**

Thanks so much for producing your wonderful magazine. I have been reading it for a number of years now and found the inspiration invaluable in helping me make the move to my five-acre block in Cabarlah (north of Toowoomba). I have lots of plans and am hoping some readers may be able to provide info, support, wisdom, etc in response to the following queries.

I would like to link up with any other like-minded people around **TOOWOOMBA** who have experience in growing **SMALL-SCALE ORGANIC CROPS** or herbs commercially. I am thinking of using approximately two acres for medicinal or edible herbs (eg coriander). Can anyone give me any advice on how to go about this and the pitfalls to avoid? I would be interested in forming a collective for producing and/or marketing goods with any other small-scale operators.

I am also going to build a solar-powered mud brick house (very slowly) and would love to visit anyone in the area who has built their own. Are there any keen muddies in Toowoomba? I will respond to every letter. Thank you in advance!

**Emma Dorrough,**  
PO Box 6, HIGHFIELDS 4352.



**Hi there to all the crew,**

Please find enclosed some seed (still in the pod, for reference) of the **HORSERADISH TREE**, *Moringa oleifera*, as requested by Roberino in the last issue of GR. I have sent sufficient seed that any other interested reader can have a few if you would like to distribute them.

A few tips on germination. The seed needs warmth and light to germinate. A 50:50 mix of peat and sand is a good substrate and the seed should be barely covered with a little peat moss. The seedlings rapidly elongate and should be pricked out into individual pots of compost-based potting mix as soon as they get to be about 30-40 mm long. Seed should be germinated in bright, dappled light or under 20% shade, shadecloth.

A brief description of the tree is enclosed from an old book I wrote several years ago. To expand on it a bit, however: The copious flowers are rapidly tossed in a little garlic flavoured butter till *al dente*, to form an unusual sidedish. Flowers and young leaves are used to flavour pork and chicken dishes (especially soup-style dishes). Older leaves are used in 'dry' pork or chicken dishes.

Young seed pods (which resemble green shoe strings, up to the size of snake beans) are delicious when used as a green bean substitute, again in any Asian-style cooking. The older pods (up to about half grown) may be used as flavouring but get pretty fibrous and are difficult to chew if used in the finished dishes.

Even the seed was useful in the old days. Before the advent of silicon oils, the seeds were crushed to yield an oil known as 'Ben' oil, which was the lubricant of choice in all clockworks and chronometers last century.

We found that young roots need to be blended pretty finely in a food processor to break up the fibre to an edible consistency, but then, when mixed with a bit of your favourite mayonnaise, you get an 'instant' horseradish sauce without the horseradish!

**Dennis Hearne,**  
PO Box 42671, CASUARINA 0811.

*Thank you Dennis, the seeds have been passed on.*



Letters are accepted and edited at the discretion of the publishers.

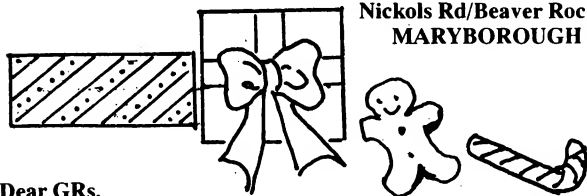
# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I have recently discovered the wonders of **NATIVE BEES**. Unfortunately, the research I've done has revealed little. If anyone has any information please drop me a line.

**Mr L D Richter,**

Nickols Rd/Beaver Rock Rd,  
MARYBOROUGH 4650.



## Dear GRs,

Some friends and I are very interested in moving up to northern Queensland and returning to the land totally. If there are any **COMMUNES** still happening around there, either close to the rainforests or the coast, please reply. Send me info on what you have: sketches, maps, photos if you have any, and your bylaws. I am also a naturalist.

**Myk Phillips,**

6 Dutton Terrace, MEDINDIE 5081.

## To the Editor,

Is unleaded petrol as safe as we are led to believe? Whilst reading a motor sport magazine we came across an article that raised our concern about perceptions in the community over the **SAFETY OF USING UNLEADED FUEL**. Is leaded fuel the devil we thought it to be or is unleaded fuel a silent killer to the innocent population of this country?

'Vehicles using unleaded fuel without a catalytic converter or with a faulty converter will exhaust gasses that are unbelievably poisonous. Lead was removed from petrol for one reason and one reason only and that was that dry catalytic converters became clogged very quickly with lead particles and stopped working.'

The article also states that more than half a litre of unleaded petrol is not petrol. It is actually a brew of aromatics, and if witches had brewed this cauldron it could not be more evil. The aromatics that replace lead are Dimethybenzene, Mesitylene, Toluene, Xylene and Benzene. All of these are declared carcinogens and will cause leukemia and other cancer related illnesses.

We would like the petroleum companies to reveal why leaded fuel was replaced with unleaded when it costs more to produce, contains cancer causing substances and creates dangerous pollution due to the fact that they have to make the aromatics as well (an equally dangerous process). Why was this information suppressed to the public who were lead to believe they were getting a GREEN solution?

**J Kirk, A McCabe, L Hoyer and L Bain,**  
Women's Environmental Impact group,  
Lot 2 Utley Rd, SERPENTINE 6205.



## Dear GR,

Thank you for your wonderful magazine which I have enjoyed on and off over the last 20 years. It has always helped me to feel a part of a community of people keeping a wonderful dream alive and well. People used to tell me that I would grow out of it. Now they are envious that I am about to reach my goal.

My husband and I are taking a trip to **ORBOST/BAIRNSDALE** and the **BEGA VALLEY** early in October. We are planning to look around for suitable properties and expect to be in a position to buy something by mid next year. We are looking for a roomy house (3 kids) with character. I am planning to set up a small ceramics/pottery studio and plant nursery so sound outbuildings would be helpful. We want to grow vegies and herbs, get a cow and chooks and establish a cottage-style industry. I am interested in finding out about alternative and/or caring supportive high school education in those areas and making contact with tolerant happy people to share ideas and information. Please write if you can help.

**Pari Gilmour,**  
17 Finnerty Pl, KAMBAH 2902.

## Good Day Grass Roots,

I have been a strong reader and admirer of your publication for some time now, and I write to you now because I believe you may be able to assist me in an endeavour that I feel goes hand in hand with the charter of your magazine.

From my experience of reading your magazine I have come to the conclusion that your most successful purpose is to preserve and share information regarding Mother Nature and how she may be able to help us live a better life. My current project is focused upon the same goal. I am a writer and a soon-to-be naturopath who is desperately trying to preserve a portion of Mother Nature's heritage. The particular portion I am referring to is the **FOLK REMEDIES, NATURAL CURES**, and helpful potions of our ancestors.

I am in the process of compiling a library and eventually a comprehensive book upon the folk remedies, natural cures, and helpful potions of any kind that come from our past. Taking into account our rapidly aging population the world over, it is imperative that a preservation project like this be completed as soon as possible, or we stand to lose this valuable information forever.

It is my current intention to get the word out as best I can through periodicals such as yours, so that I may be successful in reaching as wide a range of people as possible who will be able to send me recipes, information, and stories about these folk remedies, natural cures, or helpful potions that deserve to be recorded for the future.

I will give full credit to every individual, by way of source notation, who sends me input of any sort, and when the compilation has been completed, I will distribute the resulting book at no more than cost.

I am also interested in finding out about any previously published books upon these topics. It is likely that there have been books published in the past that have valuable information within them, but are in danger of not reaching the needing public due to their age or limited circulation. If you know of any, please let me know about them. Even if they are relatively new, they would most likely have valuable references to older less-known publications.

**Lesley Webster,**

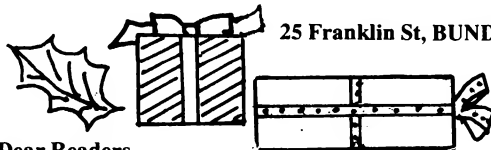
3 Mirrawena Ave, BANGALEE BEACH, 4703.  
Ph: 079-397-733.

## Dear GR,

My husband John and I wish to thank sincerely, all those wonderful caring people who have written to us in answer to our letter re **IRRITABLE LEG SYNDROME**. He is now (at time of writing) in hospital undergoing a few tests because of this complaint. He went in yesterday (Tuesday) and at 8am this morning (Wednesday) he rang me to say that he had been up most of the night walking to ease the pain! We do intend to answer all the letters one by one so don't think we have forgotten you. I do enjoy writing letters myself, but under the present strain with John being as he is, things are taking a bit longer. Thank you all once again for your kindness and thank you *Grass Roots* for a wonderful magazine.

**Joan Osborne,**

25 Franklin St, BUNDABERG 4670.



## Dear Readers,

I have available **VEGIE SEEDS** for anyone wishing to SWAP for any that they have had success with including herbs and other edibles. We have at present African Horned Cucumber seed and Mustard Lettuce (*Brassica juncea*) in packets. We can give six seeds of the following: Madagascar Runner Beans and Climbing Snake Beans depending on how many responses to this letter, we could send more. I will also send culinary information on the above. Please send SAE with request.

**N Ross,**

172 Caswell St, PEAK HILL 2869.



# FEEDBACK LINK-UP FEEDBACK

## Dear Friends,

In January next year, my partner and I will be settling near **BERMAGUI** on the south coast of NSW. We are planning to build a pole frame cottage and studio. We would like to start linking up with owner builders, tradespeople and like-minded locals. Can anyone recommend: an architect, permaculture site consultant, builders, plumber etc? We are keen to follow recommendations. We also need to purchase a second-hand caravan to live in on site.

Has anyone had experience dealing with Bega Valley Shire Council that they'd like to pass on? For example, we would like to use a compost toilet and reedbed greywater system and they don't seem too enthusiastic! Does anyone have any feedback about the BioSeptic system or composting toilets?

We would like to make contact with people in the area, share ideas and skills and find our way into the community. Until Christmas, we are at: PO Box 8084, ALICE SPRINGS 0871.

**Sue Fielding & Jenny Taylor.**

## Dear Megg and Mary,

I love your magazine, I've been buying it from our local newsagent since about edition 23. I have a suggestion which some people who find themselves lonely and living far from their family may find a comfort. Our family has what we call our 'FAMILY LETTER', which we send from one family member to the next. Each of us writes a few pages, as in a normal letter, and then sends it on to the next family member who reads the letter adds their own and sends this on until the last person receives the lot. The letters are then filed and the last person sends their letter to the first one and so on. When the letter arrives in the mail I get the same feeling I do when *Grass Roots* arrives. It's almost as if you are talking to the people in the letters. As there are five letter stops in our family it is a good idea to include the date on each letter as sometimes it takes a while for the letters to go around. Thanks for a wonderful magazine.

**Andrea Hill,**

**15 Nicholson St, CLUNES 3370.**

## Dear GR,

In GR 121 you published a Feedback letter from someone requesting news items for a new Christian newsletter. That part is OK, but, 'slow learning, nervous, lonely, midget people welcome.'? I find that extremely offensive. I am not a slow learner, nervous (well, occasionally), lonely or a 'midget', but I can't understand a magazine like yours publishing this letter. Also, the donations requested could just be going straight into the writer's pocket. Anyway, I just wanted to gripe about that. I love the rest of the magazine, you do a great job.

**Debbie Call,**

**PO Box 214, HEYFIELD 3858.**

## Dear GR Travellers,

After seeing letters asking for hints on **TRAVELLING OZ** I figure it's my duty to respond. I've been on the road five months and have some handy hints. For the car, a 4WD is much more versatile, enabling you to see more. We only have a 2WD. Carry at least two spare tyres, radiator hoses, fan belt, good jack, a length of strong rope and basic tool kit, a roll of medium gauge wire also, at least 40 litres of water for two people (fill whenever possible), an axe and shovel, 20 litres of spare fuel.

For food we found the longer lasting vegies to include potato, sweet potato, carrots, onion; fruit – apples, oranges and canned fruit or veg. Carry SR flour for damper bread. Vegemite, jams, honey all last well. A camp oven is a must.

A book called *Free Camping and Rest Areas Around Australia* is only \$12 and has saved us at least \$1200 so far on yuk caravan parks. This is basic, but remember, take what you need, not what you want. Safe journeys! – Oh yeah, a solar shower, \$25 from camping stores, is excellent value.

**Mark of no-fixed-address.**

## Dear GR Staff & Readers,

With summer approaching it is vital that anyone living in the bush be aware that we are in for what could be the worst **BUSH FIRE SEA-**

**SON** ever. I am an active member of our local rural fire brigade and already we have had six threatening fires in just two weeks, all had been deliberately started by some thoughtless people. Please ask your local fire brigade for a list of precautions that everyone can take, or drop me a line, enclosing a stamp and I'll be more than happy to send you whatever information you require.

Could anyone please help me in my desperate search for the top half (lid, paddles etc) of a **BLOW 3/30 BUTTER CHURN** with a 4 1/2" neck? I have the glass bottom.

**Karyn Kaye,**

**Lot 3, A Dobson Rd, NARANGBA 4504.**

## Dear All,

Hi to GR people everywhere. Since the calicivirus all but eradicated rabbits in this northern arid region regeneration of plant life is astonishing. However, there are always survivors, and a fresh wave of calicivirus is rampant in the areas where rabbit numbers have built up again.

Will the gentleman who loaned me a book on **GAS PRODUCERS** please get in touch. Name and address are unknown and I want to return the book.



**Wally Davies,**

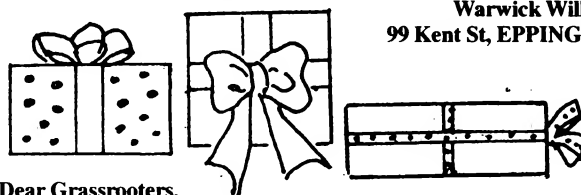
**CMB, PARACHILNA, SA 5730.**

## Dear Megg,

I am trying to find information about a machine that generates **STEAM FOR KILLING WEEDS** without having to resort to chemicals, but I am having difficulty tracking one down. If you know where I could get one, or alternately, somebody who might be able to provide this information, I should be very grateful indeed if you could let me know. Thanking you in anticipation.

**Warwick Williams,**

**99 Kent St, EPPING 2121.**



## Dear Grassrooters,

Thanks for the hours of excellent reading your correspondences have provided over the past two years. We're finally getting ready for the big move so your rural musings are becoming more relevant daily. This letter is a way of introducing ourselves to your community.

We're a team of two urban dwellers (combines age: 83) looking to trade high stress for high quality. Our needs are simple and our imaginations are fertile.

My background is in desktop publishing digital media, and complex web development. It's my ambition to put these skills to use in some way that is both life-positive and morally sane. Bell likes to sweat and watch birds.

Enthusiasm abounds for permaculture, vermiculture, alternative waste technology, micro-economics, community gardens, pottery, good government, bush food commercialisation and environmental activism.

We're planning to move from Sydney in April 1998. After visiting the Atherton Tablelands and the Daintree twice, our hearts are quite attached to the green, rainy forests of Julatten to Milla Milla. But since our livelihoods have depended on internet connections and information access, we're planning to start our move by getting within daily distance of Townsville. This will have to be a gradual transition from the grid as I'm afraid we have a serious technology dependency challenge ahead of us.

As part of another much-anticipated reconnaissance mission in early January, we'd love to connect with any caretaker situations (12 months residence?), or interesting rental properties in the **TOWNSVILLE AREA**. If anyone has advice, offers, or suggestions, please drop us a line. Next time you need an overnight in Sydney, we have a spare room upstairs. Bring something musical or digital and get extra toast at morning tea. (Offer good till April 1998.)

**John and Bell,**

**516 Wilson St, DARLINGTON 2008.**

**demigalt@well.com**

## WHAT ARE ANGELS?

The word angel comes from the Greek word aggelos which means messenger. Many religions including ancient Greek, Judaism, Islam and Christianity believe that angels are divine messengers sent to humans to advise them or to act as protectors. In the Bible there are many references to belief in angels but many theologians today suppose that the concept of angels was used by biblical writers as a symbol to represent a divine presence.

## CHRISTMAS BISCUITS



These healthy biscuits can be made in the shape of any Christmas motifs you like - we made angels, Christmas trees and stars. You can then decorate them any way you like and we have included a list of healthy and delicious icings and decorations to choose from. Give these treats as pressies or decorate your Christmas tree or table with them.

### Oatmeal Biscuits

- 50 g sultanas
- 6 tbsp skimmed milk
- 6 tbsp sunflower oil
- 175 g wholewheat flour
- 1 tsp baking powder
- 150 g medium oatmeal



Warm the sultanas with the milk. Whizz in blender with the oil and leave to cool. Mix the flour, baking powder and oatmeal. Stir in the sultana mixture to form a soft dough. Roll out thinly on a well floured board. Cut into shapes either freehand with a knife or use bowls, glasses etc as templates. Bake on an oiled baking sheet at 190°C for 12 - 15 minutes. Cool on a wire rack. Decorate using a selection of things from the list below and store in an airtight container.

### RASPBERRY OR STRAWBERRY FROSTING

- 1/2 cup tinned raspberries or strawberries (strained) or 1 cup fresh berries
- 8 oz cream cheese, softened



- 1 tsp vanilla essence
- 2 tbsp skim milk powder

Beat all ingredients together in a bowl. Refrigerate until frosting is a spreadable consistency. Makes 1 1/2 cups.

### SEVEN MINUTE FROSTING

- 3 egg whites
- 2/3 cup honey
- 1 tsp vanilla essence



Place egg whites and honey in top of a double boiler over hot, but not boiling water. Beat with an egg beater or an electric beater at low speed, while water comes to the boil. Continue to beat for 7 mins or until mixture forms soft peaks. Remove from heat, add vanilla slowly, and continue beating until frosting is thick enough to hold its shape. Makes about 3 cups.

### ASSORTED DECORATIONS:

glace cherries, shredded coconut, sesame seeds, almond flakes, berries, nuts, rind of lemon or orange, dried bananas, figs, paw paw, currants, grated carob bar, sliced fruit bars and carob coated fruit bars, ribbon, sliced molasses licorice, jubes/lollies optional.



## BOOK REVIEW



## ANGELS

by Bernard Rosa

This book is a collection of beautiful photographic compositions using children posed as angels, accompanied by text written by children.

The author's intention was to create a book to inspire children to believe that anything is possible and to feel that they are loved and protected. A special gift for children to treasure.

Published by Harper Collins. RRP \$22.95

## MAKE A GARDEN FOR YOUR CAT



As a special treat for your cat give him or her a cat garden kit for Christmas.



The kit contains three different types of seed to provide pleasure, comfort and exploration for our feline friend (catnip, catmint and catgrass).

Plant out seeds initially in a container until big enough to put out individually.



Price is \$9.95. Contact Dynamo House. Ph: 03-9427-0955.



## WHILE THE BILLY BOILS

With the entertaining season in full swing we hope these great finger food ideas will give you the versatility you need to get you through such culinary demands as school concerts (parents bring a plate), unexpected guests, and lazy long lunches outside under the shade of a leafy tree. Enjoy your Christmas.

### CURRIED NUTTY SNACK

2 tbsp olive oil  
1 tbsp curry powder  
1/2 tsp vegie salt  
1 cup dried pumpkin seeds  
2 cups macadamias (or favourite nut mixture)

chopped fresh herb – to garnish before serving

tasty cheese cubes

In a baking tin heat oil and curry powder, mixing well. Add vegie salt, pumpkin seeds and nuts and stir until seeds and nuts are well coated. Bake uncovered in 180°C oven for 10-15 minutes, stirring a couple of times, until nuts are light brown. Cool and store in an airtight container. Will keep for a couple of weeks. Before serving sprinkle with chopped, fresh herb such as basil or mint and serve accompanied with tasty cheese cubes.

Megan Johnson, Seymour.

### BROAD BEAN PATÉ

1-1 1/2 cups cooked broad beans  
125 g ricotta cheese  
1 tbsp chopped parsley  
1 tbsp chopped spearmint  
1-2 tbsp lemon juice  
grated rind of 1 lemon  
black pepper, to taste

Puree or vitamise broad beans and ricotta. Add herbs, pepper, lemon rind and 1 tbsp of juice. Mix well. Add extra lemon juice if mixture is too thick. Refrigerate till firm. Will keep well for some days. Serve in celery sticks or with thin slices of wholemeal toast or crisp baked pita bread.

Candice De Vine, Tatura.

### SAVOURY BREAD CASES

large loaf homemade bread, day old  
olive oil  
1/4 cup grated Jarlsberg cheese

#### Filling:

1 tbsp butter  
2 tbsp cornflour  
1 1/2 cups milk or soy milk  
2 egg yolks  
1 cup grated Jarlsberg cheese  
1 cup grated sharp tasty cheese  
1/2 cup seeded chopped olives

4 tsp mixed chopped fresh herbs: basil, mint, chives, marjoram

Cut bread into about 3 cm slices. Remove crusts. Cut slices into 3 strips across and cut each strip in half. Scoop out centre of each rectangle. Brush bread cases with hot olive oil and bake in 180°C oven until lightly browned. Meanwhile prepare filling.

Melt butter, add cornflour and cook 1-2 minutes. Gradually stir in milk, return to heat and keep stirring until mixture thickens, add a little more milk if necessary. Remove from heat, stir in egg yolks, briskly, then cheese and olives. Stir until smooth. Add herbs.

Fill bread cases with cheese mixture, sprinkle with grated cheese and return to moderate oven for 10-15 minutes. Serve hot. Filling also makes a good pasta sauce or vol-au-vent filling.

Katrina Bond, Perth.



### TASTY POULTRY BITES

This is a great recipe for using some leftover cooked chicken or turkey.

chopped cooked chicken or turkey, about a cup

125 g cream cheese  
1 tsp French mustard  
few sundried tomatoes, finely chopped  
1 1/2 - 2 tbsp lemon juice  
1 cup crushed nuts, your favourite

Blend first five ingredients, until smooth, adding only enough lemon juice to obtain a firm consistency. Refrigerate until needed. An hour or two before serving roll mixture into bite-sized balls and coat in crushed nuts. Keep refrigerated till ready to serve.

Bob Elliot, Darwin.

### CARROT STUFFED POTATOES

20 small new potatoes  
1 cup cooked, puréed carrot  
1/4 cup yoghurt, plain  
1 tsp finely chopped dill leaves  
1 tbsp chopped chives  
1 dsp lemon juice  
1 tsp French mustard  
finely chopped fresh herb for garnish  
black pepper to taste

Boil potatoes (unpeeled) till just tender. Drain, scoop out flesh, keeping flesh from about 15 potatoes for re-use and adding flesh from 5 potatoes to puréed carrot. Stir in remaining ingredients (except herb garnish) and mix well. Spoon mixture into potato shells, sprinkle with chopped herb and bake in moderate oven for 10-15 minutes.

Susan Grimshaw, Bernie.

### FRUITY BALLS

1/4 cup preserved ginger  
1/2 cup dates, pitted and chopped  
1/2 cup chopped cashews  
1/2 cup raisins  
1/2 cup chopped dried apricots  
1/2 cup desiccated coconut  
1 (plus) cup cream cheese

extra coconut or chopped cashews

Mill all ingredients well together. Roll teaspoonful-sized balls in coconut or chopped nuts. Refrigerate until firm. Extra cream cheese may be needed to give mixture a firm but malleable texture.

Dino Milani, High Wycombe.

### TANGY CITRUS PUNCH

3 oranges  
3 lemons  
2 cups mixed citrus juice  
handful chopped mint  
3 bottles dry ginger  
3 bottles lemonade  
6 cups water

Slice fruits and place in a large punch bowl with mint. With a wooden spoon press mint into fruit slices till juice runs out a little (don't pulverise it). Add juice and water, let stand until ready to serve. Add dry ginger, lemonade and some ice cubes.

Celia Plunkett, Malvern.

# LAYING THE CHRISTMAS TABLE - ON A BUDGET

by Pamela Odijk, Caboolture, Qld.

Put yourself in the right mood for Christmas by being able to serve delicious Christmas food, fit for a king but without having to pay a king's ransom. Every year I use most of these recipes, some of which had their origins in the years of World War II and earlier. Some, including the cheese straws and some seasonings, are from my mother's and grandmother's recipe collection, others I have invented or modified for myself.

Christmas for us usually means cold fare eaten outdoors - usually at one of our wonderful Queensland beaches, so all of these goodies are easily transported. The easiest way to transport salads is in large screw-top coffee jars, then serve them in salad bowls on arrival. The fruit punch can also be made up when you arrive. Everything either fits into the Esky or doesn't need to be kept cold.

## NIBBLES

### Cheese Straws

70 g butter or margarine  
70 g flour  
90 g tasty grated cheese  
1 tsp parmesan cheese or cheese topping  
lemon juice  
a little salt and cayenne pepper to taste  
yolk of an egg

Rub the butter into the flour until it resembles fine breadcrumbs. Stir in cheeses, salt and cayenne pepper well. Beat egg yolk and lemon juice together and add, mixing into a stiff dough, adding a little more flour if necessary. Roll out to 0.5 cm thick on a lightly floured surface and cut into strips 10 cm long and 1 cm wide. Cut some dough into rounds with a scone cutter, cutting out the centre with a smaller cutter to make a ring. Bake in a moderate oven until a pale brown colour and crisp. Cool. Arrange by filling each ring with a bundle of straws and arrange on a plate.

### My Favourite Paté

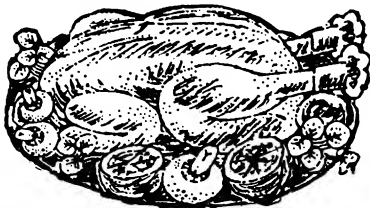
375 g pork mince  
375 g chicken or veal mince (or

equivalent)

1 tsp minced garlic  
pinch of mixed herbs  
1 egg  
250 g budget bacon, rind removed  
freshly ground pepper  
1/4 cup dry sherry (or brandy)

Line two loaf tins with aluminium foil leaving enough to overlap across the top. Line the sides and base of each with rindless bacon rashers. Mix all the remaining ingredients well together. Divide in half and spoon into each tin. Smooth the top and cover with another couple of bacon rashers. Fold over the foil to seal each paté. Place the loaf tins inside a baking dish into which water is poured to come halfway up the sides of the tins.

These can be cooked at the bottom of the oven underneath the roast for about two hours in a moderately low oven, 150°C, even below the Christmas cake for the entire time. Make sure the water is replenished as it gradually evaporates. Allow to cool in the foil in the tins. Freezes well. Serve with plain biscuits or Melba toast.



## MAIN COURSE

Cold cuts of seasoned roast chicken, duck, turkey, goose, mock goose, or pork, served with a variety of salads, homemade bread or bread rolls. Except for the Mock Goose, recipes for seasonings only are given. Baking times for meats should be calculated per kilogram. (A rough rule of thumb is: pork = 30 mins per 500 g plus another 30 mins; mutton and other meats = 20 mins per 500 g plus another 20 mins at approx 150 - 180°C.)

### Basic Seasoning

1/2 loaf day-old bread  
pepper and salt to taste

pinch of mixed herbs  
a little hot water if necessary  
1 onion, chopped finely  
1 tbsp butter or margarine

Crumble the bread to make fine breadcrumbs and add the other ingredients, mixing well. If using a food processor, make a little at a time using the pulse button. Freeze any left over.

### Prune Seasoning For Roast Duck or Goose

125 g pitted prunes, chopped  
1/4 tsp mixed herbs  
1 cup breadcrumbs  
salt and pepper to taste  
1 tbsp cider vinegar

Make twice this quantity for a goose.

### Apple and Prune Seasoning For Turkey

2 cups pitted prunes  
3 lge cooking apples, peeled, cored and quartered  
squeeze lemon juice  
breadcrumbs sufficient to bind mixture  
freshly ground black pepper to taste  
Combine all ingredients, cover and refrigerate until required. Enough for a 5-6 kg turkey.

### Peach or Apricot Seasoning For Pork

Ask your butcher for a large pork flap (cost about \$18) and to cut out the bones for you. If you make your seasoning and take it to the butcher a day or so before you pick up your order he/she will probably put your seasoning in it for you and tie up the roast at no extra cost. A roast this size allows for half to be frozen for New Year.

Use the Basic Seasoning recipe but add either a cup of drained, diced tinned peaches or apricots, or 1/2 cup of diced dried peaches or apricots, plus 1/2 cup chopped walnuts or macadamias if you wish.

### Mock Goose

1.5 kg leg of lamb (boned)

### Seasoning:

20 dried apricots  
1/2 loaf bread  
1 onion  
1 tbsp honey

1 tbsp dried basil  
salt and pepper  
Combine all these well.

#### Marinade:

2 chopped onions  
2 chopped carrots  
3/4 cup red wine  
1 bay leaf  
1 tbsp chopped parsley

Combine all the above and marinate the seasoned meat for 24 hours, turning frequently. Bake in the marinade.

Salads: Try a variety such as potato salad (use blanched snow peas from the garden as well as peas for a luxury salad), pasta salad with green beans and cooked dried beans (add some chopped ham for variety), tomato, onion and cucumber salad, or these two:

#### Tabouleh

1/2 cup burghul (cracked wheat)  
8-10 spring onions or 1 lge chopped onion  
5 cups chopped parsley  
3 lge tomatoes, chopped  
1/4 cup finely chopped fresh mint or 2 tsp dried mint or substitute half the lemon juice for mint sauce  
1/4 tsp black pepper  
1 tsp salt

1/4 cup lemon juice  
1/4 cup olive oil

Wash the burghul and drain well by squeezing out excess water with cupped hands. Place in a bowl and refrigerate for at least an hour. Add the rest of the ingredients except the lemon juice and olive oil which are added just prior to serving for the best taste. Toss well. It needs no other dressing.

#### Temptation Salad

12 sm1 new potatoes, cooked, peeled and chilled  
250 g chopped ham or chopped boiled eggs  
1/2 cup grated tasty cheddar cheese  
1 bunch of spring onions, chopped  
lettuce to line the salad bowl  
mayonnaise  
Mix well together.

#### Fruit Punch or Champagne Punch

Combine in a large punch bowl (or ice cream bucket) 1 lge tin fruit salad, 1-2 lge bottles lemonade, and a little orange or raspberry cordial and/or carton of orange juice. Garnish with a few pieces of fresh fruit – strawberries, cherries, or grapes for a standard punch. Add a bottle of cheap champagne or some gin if you want it supercharged.

#### Macadamia and Ginger Balls

250 g gingernut biscuits, crushed  
125 g macadamia (or other) nuts  
3/4 cup condensed milk  
1 tbsp golden syrup  
60 g butter or margarine  
coconut

Combine biscuits and nuts in a bowl. Place condensed milk, butter and syrup in a pan. Stir until melted over low heat. Combine everything except the coconut. Roll each ball in coconut and refrigerate.

#### Just for the kids:

##### Christmas Candy

2 cups brown sugar  
1/2 cup cold milk  
2 tbsp butter  
vanilla

Place the sugar into a saucepan and pour on the milk. Allow to soak for half an hour. Add the butter. Bring to the boil and boil till the mixture forms a soft ball when tested in cold water or registers 110°C on the sweets thermometer. Remove from the heat, add vanilla and beat until creamy. Pour into a buttered tin. When cold, mark into bars or cubes.

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## Kookaburra Park Eco-Village

We have now created 69 sites, sold 47 and have 60 people living on the Park. Things that are happening on the Park; Tree planting, home building, organic gardening. Permaculture Courses & discussion nights, Health clinics, LETSystem and shared meals with fellowship. Things in the pipeline: Community Centre, residential teaching centre, 10 bed Hostel, short term accommodation for healing and rehabilitation and much much more. Come and join us at Kookaburra Park.

## WANTED

People who want to live in a toxic-free environment, work in co-operation and show by example that a clean healthy life for themselves and their families is achievable today.

### Call 1800 061 689

to find out how you can be involved. Kookaburra Park is 2.5 kms from Gin Gin on the Bruce Highway, Qld.

See us on the Web @

<http://www.sunweb.net/kooka/welcome.html>  
Email: [Kookaburra@sunweb.net](mailto:Kookaburra@sunweb.net)

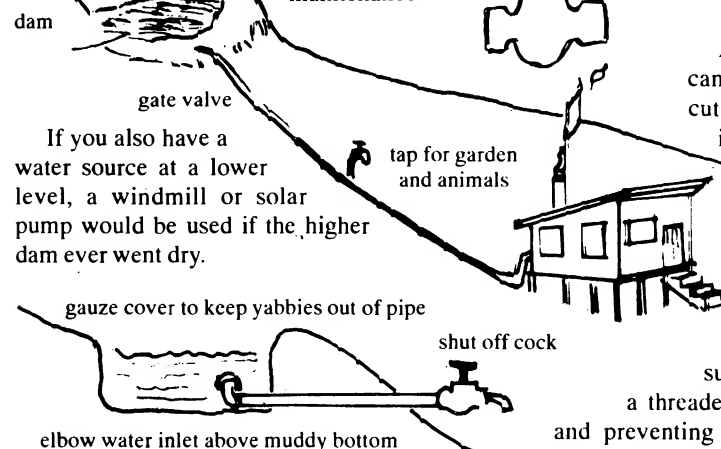


# TAPPING A DAM

by Kel Connell, East Gosford, NSW.

A farm that provides your family's needs with a minimum of energy use, on a permanent basis, without being slowly destroyed by chemicals, human pollutants, uncaring farming methods or negative attitudes, could, I believe be classified as an efficient farm. Especially if it utilises the forces of nature (which are free).

Sometimes I wonder if the most cost-effective equipment, on some farms, are the human owners, who go merrily about their business, ignoring nature and her gifts – sun, wind and gravity – which are available to all of us and are a lot cheaper than running generators. If the rainfall in your area is generous and there is an adequate catchment area to accommodate a dam, having a dam at a higher level than the house could be a consideration, with the advantage of gravity-fed water supplied to the house at no running costs and with minimum maintenance.

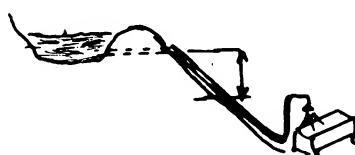


Ideally the water outlet piping of 40 to 50 millimetre galvanised steel piping could be installed during dam construction. Pre-installation of pipe and valve cock would probably not be popular with the plant operator, it would make his job a little more difficult, but if it can be done during construction it will save a lot of work later.

Assuming this piping has not been installed and the lowest water level in the dam is two metres above the highest water outlet in your house (probably the

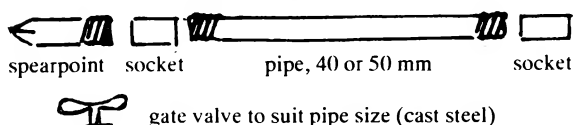
shower), then there is no reason that the dam cannot be tapped for household use.

Two-metre drop for gravity-feed water system. Water pressure depends on depth or height.



To tap the dam through its wall you will need:

- spearpoint
- 2 sockets
- pipe, 40 or 50 mm
- gate valve to suit pipe size (cast steel)

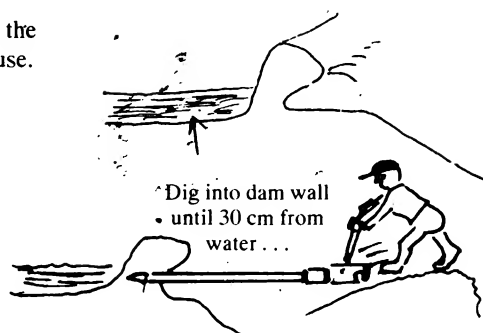


A spearpoint can be made by cutting four vee's in the end of a piece of pipe then hammering these together to form a point. I suggest selecting a threaded piece of pipe and preventing damage to the thread by screwing a socket on it while shaping the point. I have used this spearpoint on 50 millimetre steel pipe for fencing (saves digging holes).

If you do not possess a chain pipe vice you will need two wrenches – one to hold the pipe and one to screw the socket. Now assemble spearpoint.

Dig into dam wall until about 30 centimetres from water. This will require less work for the spearpoint. Preferably do this job when water level is low (it's easier). Also water pressure is lower.

Hammer spearpoint halfway through remaining wall section. Using two wrenches remove socket which has been struck by the hammer. Apply teflon tape or thread sealer (obtained from plumbing suppliers) to the threaded pipe end, then screw on cast steel gate valve.

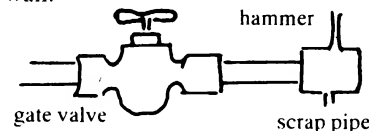


then hammer spearpoint in about 15 cm. Proceed as instructed before hammering it right through.

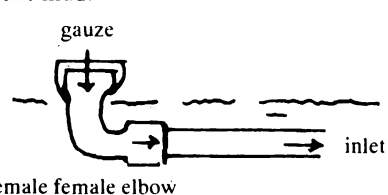
Do not be tempted to purchase a cheaper cast iron valve as cast iron is brittle and may crack.

Screw a piece of scrap pipe into valve to protect valve thread. (Do not hammer valve, it will damage thread.) Now hammer spearpoint the remaining distance through dam wall.

If spearpoint end is 13-15 cm above dam bottom an elbow may not be required. Just tie mosquito gauze with galvanised or copper wire over pipe end to keep pebbles, creatures or muck out of pipe. If the inlet is low or in mud screw an elbow on water inlet to raise inlet above mud.

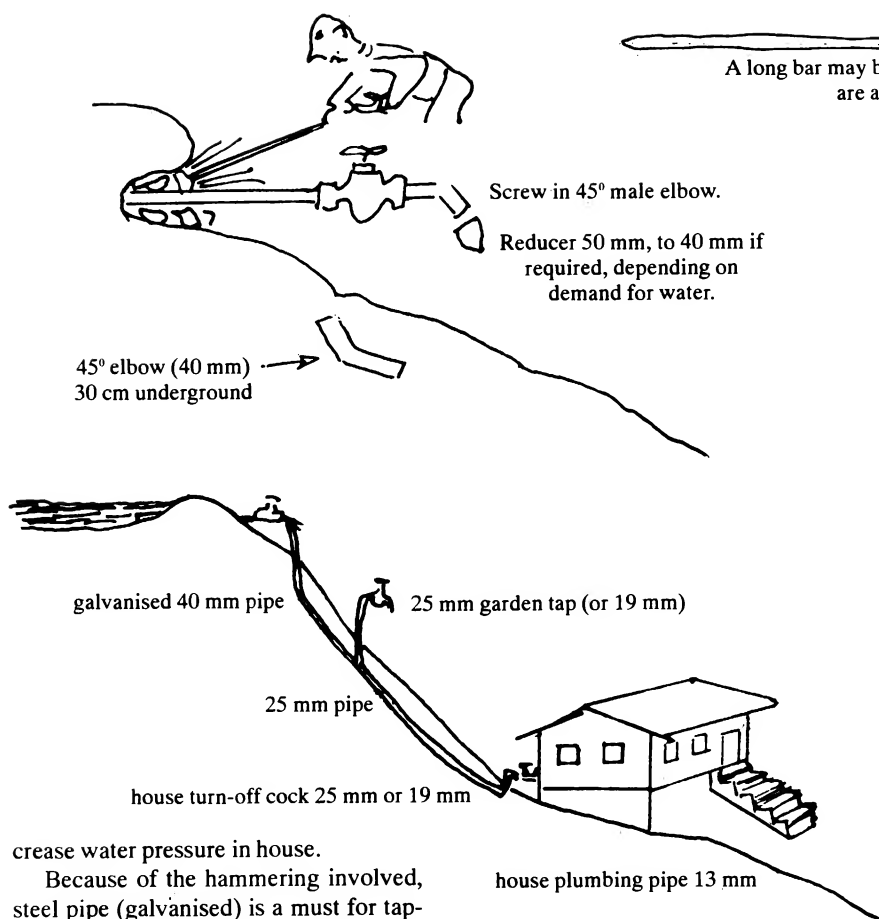


Replace soil and rocks into dug out section, compacting as you go.



Reducing pipe size from dam to house pipe size, 13 millimetres, will in-

A long bar may be useful in case rocks are a problem.



crease water pressure in house.

Because of the hammering involved, steel pipe (galvanised) is a must for tapping into the dam wall. Also the dam gate valve must be cast steel. From dam valve to house and inside house there are options. All the piping can be done in galvanised steel pipe. This is very labour intensive as all joints are threaded, requiring a thread cutter (manual or mechanised). The main advantage would be that steel pipes underground would not be damaged too much by mattock or shovel use in the garden.

The cheapest and easiest to install is PVC piping (tubing) when almost all joints are glued (simple), except valves where a connector is used – one end for

adhesive, the other end threaded. PVC softens when hot so is not recommended for hot water. It also reacts to UVL (sunlight) which makes it brittle (which is why so many plastic buckets split). PVC may be OK underground, but where it is exposed to sunlight would need to be wound with tape which excludes the UVL. However, repairs, extensions, or alterations would be easily done.

Copper tubing lasts forever, doesn't rust, is not affected by sunlight and is fairly easy to install. All joints are either soft solder or hard solder. Soft solder

melts at a lower temperature; hard solder is used only on engines or pumps where joints are subject to vibration (silver solder). LPG gas heat is required to make the joints in copper tube, and olive connections for taps (for easy removal). Copper tube cutters leave a slight burr inside the tube which should be removed with a small file as the burr reduces pipe size and catches fibres which may cause pipe blockage. Do not file copper tube outside. Clean with steel wool before joining. 'Solderline' fittings come complete with solder inserts requiring only flux and heat to make the joint.

I am uncertain whether PVC affects the water in any way. Galvanised water pipes are zinc coated. The process of zinc coating is called galvanising, after its inventor (Galvin). Galvanised (zinc coated) pipes increase the zinc content of the water slightly and as zinc is a relaxant (antistress) this is not a bad thing.

Copper, when in contact with flouride, combines to make copper flourides in the water. When the water is used for cooking vitamin C is reduced. I'm depending on memory here, if I am incorrect or inaccurate I will a) be surprised, b) apologise, c) blame my fading memory.

## FOOD-BORNE ILLNESS

The risk of food poisoning is virtually eliminated if food is properly handled, stored, cooked and eaten immediately after preparation. Be extra careful when preparing and cooking foods for young children, pregnant women and sick people as they are particularly susceptible to food-borne illness.



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# SEVEN-YEAR BEANS

by June Grondin, Kilsyth, Vic.

Since writing to Feedback about a possible friendly association in my garden between seven-year beans and hollyhocks (GR 109), I've received a number of letters from people seeking information about seven-year beans and also wanting to know where they can obtain such seeds.

Well, I've shared what little I've learned from my own experience with growing some seeds sent to me three or four years back by another reader of GR, and I've emptied my jar of seeds kept for winter soups, in the hope that they will grow for the people I've sent them to.

Learning from my own experience, I know now that I should have given my few precious beans a better home in the first place. They soon out-stretched the chicken wire tipi I made in my tiny garden behind my unit, and each summer they reach out to and grow onto, the rose trellis arch over the side path. the companion hollyhocks also grow beside that rose arch, as does the rose that 'owns' the arch in the first place, so all in all, I wish I'd taken the beans more seriously in the first place. You see, I didn't believe that beans would keep coming up every year, and even so I put in some new seeds each year just to be sure, so I don't know which plants are senior to what.

When the last bean is picked off in early winter, I cut the dead vines off above ground level and leave the roots undisturbed. I don't dig around them, they are left alone and covered now and again with a little compost and a dash of fertiliser to choke off weeds as they come up. Well, not the dandelions of course, I use the leaves in salads since I know how rich they are in iron and minerals and vitamins in concentrated form.

When the beans come up in spring the snail bait will need to be put out early because the small shoots don't have a show against snails and slugs that love them to death if I don't protect them. Then the vines will find their way up the tipi wire mesh, and they'll put out orange flowers, and if I'm lucky there might be a white flowering vine among them. That's where my limited knowledge dries up. I



Each summer the seven-year beans share the rose arch.  
I wish I'd given them more space initially.

know that the white flower helps in fertilisation, but I don't know which sex it is. I know only that its beans are the best ones to save for seeds later.

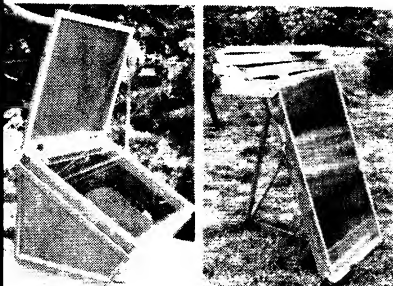
At the same time, the hollyhocks will be growing lots of leaves, and, if I leave them alone, the white flies will later cover the backs of those leaves. I'll still get the lovely flowers on the hollyhocks and I feel a bit rotten about not spraying the leaves to keep the white flies off the backs of them. But, while the white flies congregate on the hollyhock leaves they keep off the beans plants only a step away across the narrow path. It's been like that for two seasons now and I'm waiting to see what happens this year too. Nothing is different this year, apart from a metre-square patch of garlic plants that have wintered-over right next to the bean patch.

I've explained to my correspondents that the seven-year beans can grow as big as thirty centimetres long, so unless you want to use the beans as lentils and

discard the pods, it's better to pick at half-size and then you can use the whole bean, cut up into short lengths and

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steamed until tender. That way, picking at half-size, you'll get a long season of picking as the beans just keep coming and coming.

Although the beans were available in seed packets in the shops in New Zealand some nine or ten years ago, when everybody I knew had them growing in the backyards, I haven't any idea if they can be bought in Australia.

I just haven't seen any seven-year bean seeds apart from those passed from hand-to-hand. Perhaps another reader knows about this. If so, a letter sent to Feedback would reach thousands of people at once.

Also, any further information on how best to grow them might be appreciated, as might recipes to do with cooking and preserving them. All I know is that the beans dry well and can be stored in jars for use as lentils in winter, and for sowing if need be, so the biggest and best of the seeds might be put aside with later sowing in mind.

As for the hollyhock association, that's something that needs more expert study than I am able to do in my little patch here. But what if there really is something in it, something that is still a secret between hollyhocks, bean vines and white fly preferences – might that be worth a serious look too?

Seven-year beans are runner beans. Both Diggers and Eden Seeds stock Scarlet Runner beans. Diggers also stock Painted Lady, another runner bean.

Diggers Seeds, 105 Latrobe Pde, Dromana 3936.

Eden Seeds, MS 316, Gympie 4570.

# TRIMMING THE TREE

by Heather Kozak, Dellicknora, Vic.

Whether you do it the day or weeks before Christmas, decorating the plantation pine or gum branch can evolve into a memorable yearly ritual. My children look forward to December when we can make the money festoons. They are not some capitalistic excess, but glittering strings of those foil wrapped chocolate coins that were around when I was little, and still are.

To make them, first buy up to 50 chocolate coins from a supermarket or chocolate shop. You could carefully save the foils from the year before and refill with melted chocolate if you are feeling really resourceful.

Unroll a strip of clear sticky tape one metre long and lay it, sticky side up, on a flat surface. Leaving at least 10 cm clear at each end, place the coins onto the tape, keeping 1-2 cm between each one. When you have a line of coins on the tape, unroll another piece of tape the same length and place it, sticky side down, onto the coins. Make sure the sticky tape has made good contact with the coins and the clear ends. You should now have a long ribbon of gold coins that you can tie by the clear ends to the branches of your Christmas tree.

I share them out, one string at a time, to brighten up the flat, dull spots following the celebrations.

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# RECYCLING RUNS RIOT

by Roberino, Arrawarra Beach, NSW.

## *Christmas Ideas From Our Recycling Guru*

Here is a Christmas present from me to all GR people. It's a recipe for a frozen Christmas Ozzie pudding which I find quite addictive. Use your favourite brands for the ingredients of this recipe.

### **Pudding**

1 tub of ice cream (softened)  
1/4 cup of Cointreau/Kahlua/brandy etc.  
2 pkts biscuits of your choice  
250 g block of chocolate, white or brown, chopped  
100 g nuts, macadamia or hazelnuts are best (unsalted), not peanuts  
100 g fresh fruits, chopped – eg banana/mango  
250 g dried fruits (favourite), soaked (for a fortnight at least) in vodka/tequila/rum or just plain is OK

Soften (don't melt) ice cream and mix all other ingredients into it. Pour/press mixture into a container lined with cling wrap (a hollow cake tin is good too).

Option: jelly can go into the centre, whipped cream too.

Into freezer overnight. To serve: heat a 250 g block of favourite chocolate and 1/4 cup of Cointreau/Kahlua/brandy etc and pour over frozen pudding. Garnish with glacé fruit and mint leaves. Yum! Enjoy.

### **GIFTS AND DECORATIONS**

Milk cartons can be recycled as Christmas decorations by cutting down to the shape you want and covering with off-cuts of Christmas wrapping paper, inside and out. Hang from Christmas trees or under trees with little presents inside, eg chocolates, sweets, or dried fruits. Good quality paper gives best results.

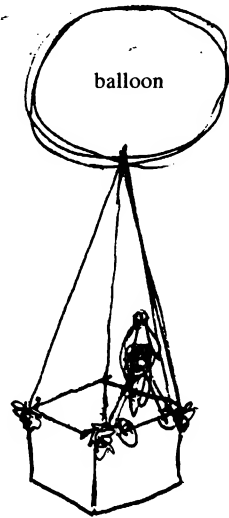
A glass jar with a small candle inside can be disguised quickly by covering with foil or Christmas wrapping paper and makes a quick attractive gift.

Decorated, covered cut-down milk cartons can be used to brighten up a dull area of your house and stapled together to form a mobile or sculpture for cheap containers to hold pencils, bills, letters, jewellery, nails, paper clips, or can be used as pantry organisers for small items – there's no limit.

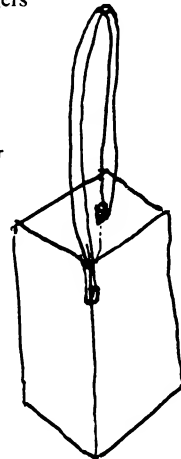
### **Recycled Milk Carton Decorations**



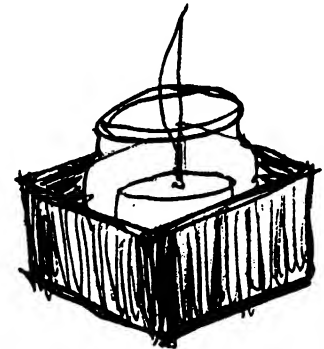
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# MAKING A DUNG FLOOR

by John Mount, Woodford, Qld.

An interesting method of making a hard and durable floor comes from a native village in Southern Africa. This method requires only cow dung, good loamy soil, a little clay and a lot of elbow grease.

The dung can be stored in a container until the desired quantity has been accumulated (about three bucketfuls of dung are required to one cubic metre of soil).

Select a good mixing site about three metres square on hard ground free of grass, leaves, rocks, and other loose material. Make a rough calculation of how much soil will be needed to cover the floor area (one cubic metre of soil roughly covers an area of 6 square metres by 16 cm deep).

On this site place the required amount of good loamy soil. Ensure there are no stones, grass, roots, or weeds mixed in with the soil. Heap the soil up so that there is more soil around the edges than in the centre, like the crater of a volcano. In the centre pour a little

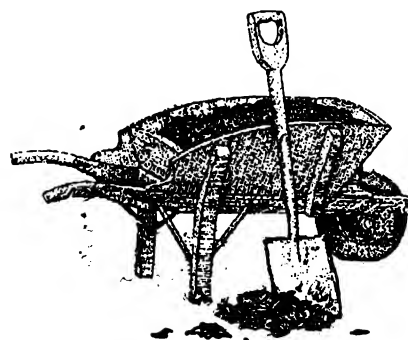
water and begin mixing it with the soil until it has become a thick mud.

Now is the time to add the dung. If the soil is mainly sandy loam with no clay at all, three buckets of dung will be required. If it contains a little clay add two buckets of dung, if there is much clay only one bucket of dung will be needed. (Some of Australia's early settlers used clay flooring for their huts.)

Before adding the dung, mix a little water with it until it achieves a muddy consistency. As you mix, gradually introduce small quantities of dung into the mixture until all the dung has been used and is thoroughly mixed with the muddy soil.

It must be mentioned here that if the reader intends using bare hands to mix or touch the dung or mud there is a strong risk of infection. A shovel and a good pair of strong rubber gloves should be used and the hands should be thoroughly washed afterwards.

The actual floor area can be boarded




up with solid timber to contain the mud and dung as is done when laying concrete. After the floor has hardened the boards can be left in place to protect the edges and enable a tidy firm area.

The thickness of the dung floor is usually around 15 centimetres deep and once laid it is smoothed over with a trowel or a board and left for two or three days to dry and harden.

In some parts of Africa this type of floor is used in specially constructed thatched huts intended solely for storing grain. It is thought that the dung and the actual solidity of the floor helps repel weevils, rats, mice and other pests.

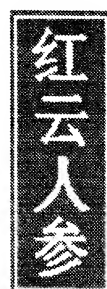
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# RARE BREEDS

## *Practical Considerations*

by Megg Miller

I hope those reading this article looked at the first part on rare breeds last issue and took on board many of the suggestions. Hopefully you've read about the species or breeds that interest you and made plans to meet and talk with breeders. Remember that interest does not signify a commitment to buy, so continue with the information gathering and visit and talk with as many breeders as possible.

While you are involved with this process, take time to consider whether your interest is at the hobby or commercial level. If you are a complete beginner with livestock don't set yourself ambitious goals, rather ease in gradually by starting off with small numbers. The commercial potential of rare breed projects depends on many variables, and deserves separate coverage. If the need to make money from the project is top priority you should look closely at which breeds are currently returning well and see if they suit your goals and locale.

Before looking at issues associated with acquiring stock, some explanation may be needed on understanding breed standards. I mentioned the benefits and disadvantages of buying registered or pedigree stock last issue, but omitted to clarify what breed standards were. There is a standard description written down for all pure breeds. A breeder looks at maintaining the physical appearance of a particular breed through reference to the standard, and culling out any stock that are not representative. A standard outlines the desired physical characteristics: colour, weight, possibly height, coat or feather quality, and is frequently accompanied by an idealised painting or photo. Some standards also include temperament characteristics, and, in the case of poultry, eggshell colour.

When animals or poultry are sold as a particular breed, they should conform to the requirements of their standard. What happens, in reality, is that breeders interpret the standard. This results in minor variations within a breed, because each farmer has interpreted the standard

slightly differently. You can see this when there is a line-up of a breed at a show. Providing the animals still meet the requirements of the standard such variation doesn't make them wrong. You too will find when you become familiar with the details of a standard that you form a picture of the breed in your mind – your interpretation of the description – and when purchasing will unconsciously seek replicas of this mental ideal. However, do not forget there are specific defects or disqualifications associated with a breed. These should be listed within the standard, or could be obtained from the breed society. They are undesirable in stock, especially those to be used in breeding.

When you purchase, aim to start with the best specimens you can afford. They should adhere to the standards requirements and display general fitness. By the latter I mean structural soundness, such as a good skeletal and muscular framework, free and easy locomotion and strong, sound feet. Reject stock with glaring breed defects and think twice about taking on those with minor problems. If in any doubt seek advice from the breed society or an independent breeder.

Now we can think about purchasing stock. Is there a desirable number to start with? With poultry breeding sets usually comprise between three and eight females, the lower number applying to large, heavy-bodied breeds and the higher figure the light-bodied breeds. Typical examples of the latter include Chinese geese, Runner ducks and Leghorn, Aracana and Old English Game fowls, while heavy breeds may cover Toulouse or Embden geese, Rouen or Pekin ducks and Indian game, Orpington and Dorking fowl.

With pigs, most enthusiasts start off with a single gilt or sow and add a boar only if access to a breeding male is difficult. Artificial insemination is a consideration if semen is available for the breed you keep. It is common to keep the best gilt(s) from mating, or to sell or exchange these so as to bring in unrelated stock, while the mediocre progeny is



best sold through the yards.

You can purchase a couple of sheep if you want to but generally people want to buy a small breeding flock. There is no set number. If you are establishing a stud you may wish to acquire all stock from a single breeder and adopt their breeding and management programme. Alternatively, you can buy small numbers from several studs and blend them with the aim of creating your own strain. Start small and add to the flock as money permits.

As purebred cattle are likely to be more expensive than stock from the other species, you'll probably want to start slowly with them as well. You will know the price range because of your initial research, and how many you can afford first up. Hopefully you won't have to buy a bull, straws of semen can usually be purchased and inseminated by a professional. If you have never kept cattle before it may be worthwhile purchasing a few crossbred calves and raising them, to gain experience and confidence before going into the more costly venture. Currently some enthusiasts budget to purchase a heifer a year for their stud in addition to the natural increase to the herd derived from calving. Once more there is no set number or way to achieve the ideal herd; cost and experience are usually the governing factors.

A question frequently asked is how

old should the breeding stock be. At this early stage forget about hatching eggs or embryos and seek stock that is either young and of a trainable age, or mature and sensible but not too old to breed. The bonus with acquiring stock when young, after brooding if poultry or weaning for other farm stock, is that they can be handled and quietened by you and adapt to your facilities and management. Often the price is attractive with young stock, but don't forget they are going to have to be fed well during the growing months and what you save at purchase will probably be spent ensuring maximum growth. Mature animals may cost more but are capable of reproduction straight away and you do not have a long period without return while they grow to mating age. I recall purchasing stud breeding cows of about eight years of age, stock no longer required in their owners' breeding programme but perfect for starting off with. They calved easily, were experienced mothers and could be handled with confidence. The price was considerably less than would be asked for an animal in the flush of its reproductive life. Availability (or cost) may determine what you buy in

the end but be aware there are pros and cons with each age group.

It is not unknown to buy stock sight unseen, especially with some of the rarer breeds. Stock may be interstate, you know the pedigree and a boar or ram of that particular line is just what you want. Or you may hear of a herd or flock for sale and need to act promptly. Stock can be bought this way but you need to ask a lot of questions. Not just on the pedigree or age, but on disease status and the condition they are currently in. Forced or quick sales may indicate problems that affect feeding and management, and the animals may be in poor condition. And the bargain price being offered will not include transport costs, once these are added the overall price may be out of your range. You can cut costs by picking up the stock yourself but need to add on accommodation, meals and even trailer hire.

Another issue arises with relocated stock – environmental adaptation. Unless stock are exceptional or crucial to your programme you are always best buying locally. This is particularly the case with poultry who struggle to adjust with changes in going from one climatic

environment to another. Extremes will result in major adjustment stress and your management skills will be tested; if you will not be able to supply the extra care, wait and look more locally.

In concluding, there is just one point to add. If buying registered stock, insist you be given the registration papers when you hand over the money. Breeders are notorious for putting this off and you can wait for years until receiving them. Be polite but clear about your expectations when you arrange the sale.

You are taking on an interesting and exciting enterprise with farming or conserving a rare breed and will find it rewarding. You are not on your own so seek contact with fellow rare breeders, members of breed societies and the Association itself.

You can obtain information on the work of ARMBA, or copies of their breed status listing (45c stamp per species list) by sending a business sized SAE to ARMBA, Lot 13, Read St, Elphinstone 3448.



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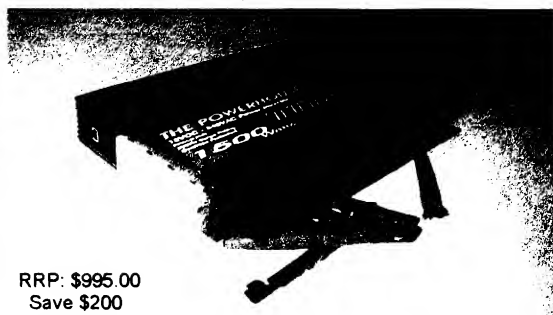
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# FENCING FOR BEGINNERS

## Getting Started

by Tony Haines, Rivett, ACT.

My last offering to the good readers of GR was a series of articles on repairing existing fences. It is time to move on from this and erect a new fence for the beginner. The fence I will be explaining over the next few issues is on dead flat ground and in a dead straight line so as not to confuse readers with the environmental conditions that will invariably affect many fencelines. The confusion will have to wait for another series.

### MATERIALS AND TOOLS

#### Nips

These are also called 'end cutters' and they are used by metal workers and fencers alike. Crescents make a good middle of the range pair for around \$40, with proper care they should last many years. They can be used for all types of wire working, but really excel at tying tie wire to mesh (wire, netting, hinge joint or ringlock) and are a lot quicker than pliers.

#### Pliers

These can also be used on all types of wire. Try to buy the best pair you can afford (\$40 will buy you a very good pair). It would be well worth it to invest in both pliers and nips, although you could easily get by with using only one or the other.

#### Post Driver

Post drivers are readily available from rural stockists and hire companies, or the industrious can make them. A tip: make them the length that the pickets are out of the ground. This way there will be no problems with the height of the pickets.

#### Crowbar and Post Hole Shovel

These tools are indispensable for any property owner. I have found that post hole shovels will double up as good garden spades because you don't have to bend over as you would if you were using a spade.

#### Wire Strainers

Hayes is the best brand of wire strainers that I have used and will last a lifetime. They are well worth the investment. They are readily available from rural stockists and hire companies. You might also be

able to find a pair at farm sales etc.

#### Mesh Strainer

This is a homemade item used to strain all types of mesh (wire netting, hinge joint or ringlock). It is easily and cheaply made (see diagram 1).

#### Star Pickets

These can be bought new from rural stockists in bundles of ten. You could use second-hand ones, which can be obtained from different sources. Try fencing contractors, government and farm sales; it can be worth the search for those on a limited budget. Second-hand pickets might need a little straightening and to have the clay knocked off the bottom before being suitable for re-use.

Pickets are covered in tar and this is very toxic and will burn if it touches your skin. Although, I have seen some new batches without the tar on them that were painted with a brown compound that doesn't seem to burn. You can still get the tar-covered pickets, so be careful and wear gloves and eye protection and don't touch your face; if you do, clean off immediately with warm soapy water. The burning was never severe on me but did produce a sunburn effect.

#### Mattock

This is used to rabbit-proof a fence (explained in a later article).

#### Wire

All wire that is not barbed is called plain

wire. You will need 2.80 mm high tensile (for top and bottom wire) and 2.50 mm high tensile (middle wire). Buy in rolls of 1000 metres, especially if you own more than a few acres, as you will always be re-straining and repairing fences over the years. You could just use the one gauge of wire for the top, middle and bottom wires if you want. If you do, the 2.80 gauge wire is stronger than the 2.50 gauge wire, but 2.50 mm gauge is the easier to work with. So it comes down to personal choice and the conditions and uses of the fence as to which gauge wire you would like to use. If you are running heavy stock use 2.80 mm as this is the strongest.

Soft gauge 2.60 mm wire is a must have, as this is used for tie-downs, twitching fence ends and flood gates. Not really used in a fence, unless it is a chook or dog run, or security fences where the wires are twitched. You can get 2.60 mm in rolls of 10 metres to 1000 metres.

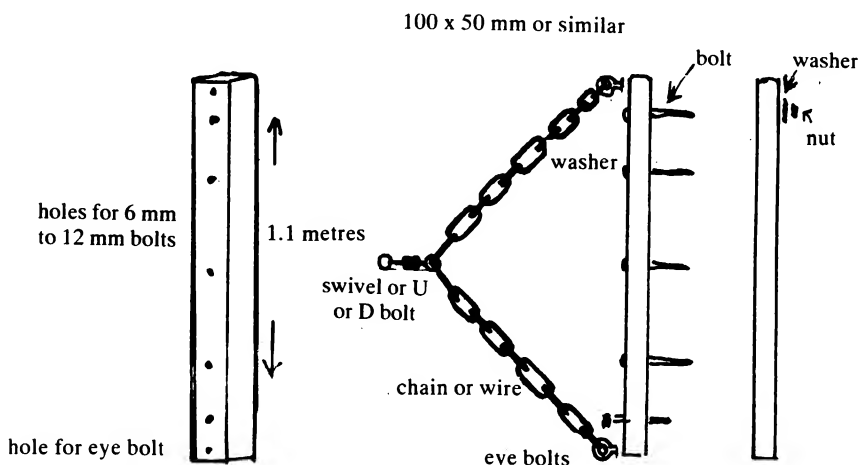
#### Tie Wire

The gauge is your own choice, depending on which is easiest for you to use. It can be bought in rolls of any length. I prefer to buy rolls of about 1000 metres as I have found that this particular wire has a thousand and one uses, so it's handy to have around.

#### Mesh (hinge joint or ringlock, wire netting)

This depends greatly on the stock kept

Diagram 1: Wooden Mesh Strainer



and whether or not rabbit proofing is needed. Netting is used for horses, boundary fences and for rabbit proofing. Whereas hinge joint or ringlock is used for all other stock. The reason for not using (in my opinion) hinge joint/ringlock with horses is that they have the potential to become entangled in the squares, causing the horses injury. I know this as I have seen it. It is purely your choice and only my opinion.

### Strainer Posts

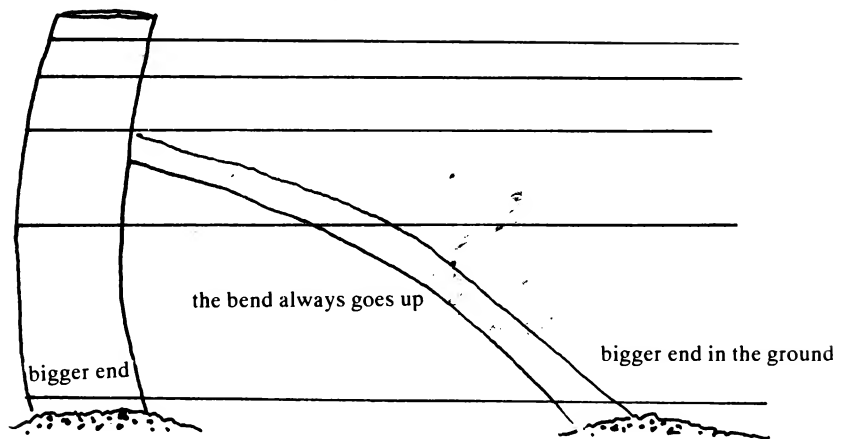
Strainer posts are readily available from rural stockists, or you can cut your own from timber on your property. I will go into detail on how to cut strainer posts and stays at a later date. In the ACT the timber used is inland ironbark, as this is a very hard and durable timber. This will more than likely be the case in NSW also. Other states I am not sure about. Sometimes the rural centre will run out of ironbark and will then order in south coast ironbark, this is of inferior quality when bought inland. South coast ironbark will tend to split in three. These splits are what to look for (and what you won't buy) when purchasing a strainer post, they look like a peace sign running across the face of the post. You could also use treated pine. These are put in every 100 metres or wherever there is a corner or dog-leg. The strainer posts do not have to be every hundred metres if you only have a few sheep, 200 metres between posts is fine. I have always had hundred-metre gaps as I believe this gives maximum strength and will last longer, but it is purely up to you, your budget and conditions. It doesn't matter if the strainer posts have a bend in them (see diagram 2), in fact if anything this will aid the strainer post (gate posts are the exception).

The biggest and straightest you can find are to be used for gate posts, they have a lot of stress put on them; the next biggest are for the strainer posts; then the smaller ones are the intermediates, these are the strainer posts that are positioned between the strainer posts. If the fenceline is to be more than 200 metres between the two end strainer posts then an intermediate is needed. They can be of the same size or slightly smaller, as they won't have the strain that the strainer post ones will have.

### Stays

Like strainer posts, stays can be bought from rural stockists. They are usually the same timber as the strainer posts. They are roughly 130 mm to 200 mm wide,

Diagram 2: Bowed Post & Bowed Stay



and roughly three metres to four metres long, but I have seen them even longer.

Temporary stays are easily made from wood or metal (see diagram 3).

Stays do not have to be straight, in fact it is better if they have a bend or arc in them (see diagram 2).

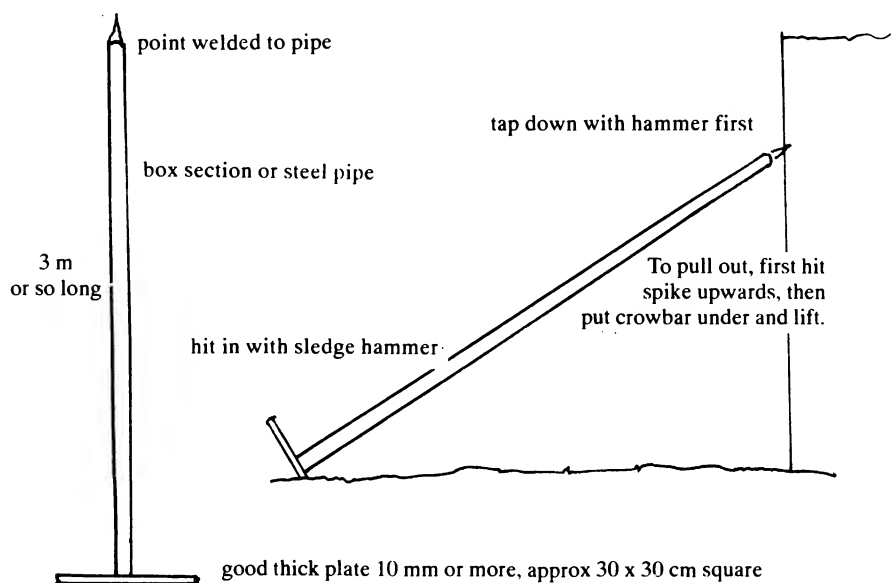
### Staples

(These are not the office staples.) There are two sizes to get, large and small, depending on the timber you are using for strainer posts (treated pine or hardwood). The large staples are of a dull sheen and are roughly 2.5 cm long and are used in soft timber such as treated pine. They can be used on hardwood, but as they are soft will mostly bend, not reaching the desired depth and strength. Small staples are bright and shiny, about a centimetre long. These are used in

hardwood as they are stronger and they won't bend as readily as the larger ones. They are not really suitable to be used in softwood such as treated pine as you don't get the desired depth needed in soft timber; they will loosen in the holes after a while and will easily pull out.

Staples can be bought in small packets or in boxes of hundreds at rural stockists and hardware stores. Don't use nails bent over in place of staples, they are unreliable. If you want to, you can make your own staples. For small staples use 2.50 mm gauge high tensile wire, bend the wire then cut to length (one centimetre), making sure that the cuts are done on an angle giving a point. For large staples you could use either 2.60 soft gauge wire or 2.80 gauge high tensile wire.

Diagram 3: Temporary Stay





### Wire Spinner

These are indispensable to running wires. It is possible to run the wires without a spinner, but even when you know what you are doing it is very awkward and time consuming (I will explain how to run the wires without a spinner further on). These are readily available at rural stockists and hire companies.

### Mesh Puller

These are easily made out of timber or steel (see diagram 4). The puller will make light work of rolling out the mesh so it is well worth the effort to make one.

### Chainsaw

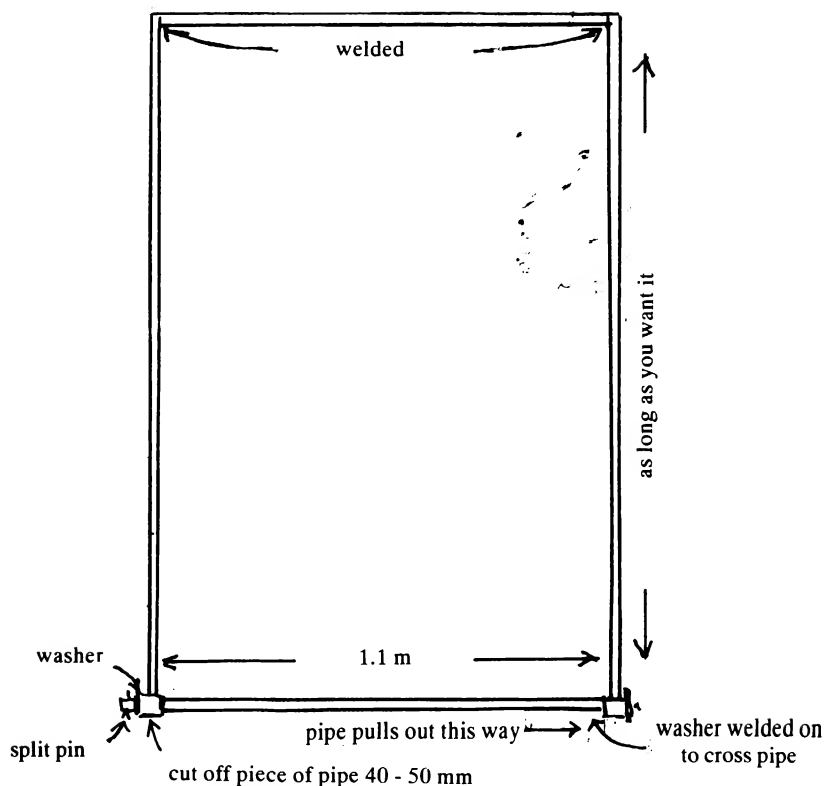
A chainsaw is used to mortice posts and to cut stays to fit into the morticed hole, for cutting the top off the post after the fence is erected to give an even look to the fence, for cutting posts and stays if applicable. A Stihl Farm Boss is a perfect size for this and other jobs around the property, as well as being a good quality saw. These can be hired if you so wish or bought from an appropriate business; ask them if they have any second-hand ones as a lot of farmers and people who use chainsaws for a living trade their saws in quite often. These can be a good bargain.

Alternatively, if you don't own a saw or can't obtain one, you could use a brace and bit and a chisel to mortice the strainer post. Use a wood saw to cut the stay to fit. (I will explain how this is done further on.) A motorised borer (a chainsaw with a drill attached), will be needed to swing gates. You could also use an electric drill and a generator, but it would have to be a heavy duty drill. A brace and bit can also be used, although it is hard work.

### Barbed Wire

For those who feel that barbed wire is of use to them, there are two types that can be used: high tensile or soft gauge. The soft gauge is large and of a dull sheen, the high tensile is smaller and shiny. There is no advantage as such with either of them. At the risk of sounding opinionated, I would recommend that barbed wire not be used and that any barbed wire on existing fences be removed and replaced with plain wire. I have seen too many animals that have been injured with barbed wire. I have seen emus that have cut their own throats on barbed wire, trying to escape some idiots chasing them. They put their heads over the fence while they are running trying to find a way over. I have

Diagram 4: Mesh Puller



seen a horse that was spooked by lightning, straddled over a fence with her belly and legs all ripped up. Children, I have noticed, seem to be attracted to barbed wire as they are to mud, but unlike mud, there is usually no fun factor involved, only pain. Barbed wire will not keep roos out of your paddock, nor will it stop cattle from pushing fences over, goats won't care either way and sheep won't get close enough to the barb. So what use is it?

### MARKING OUT

To start your first fence you will need to mark out the fenceline and where the strainer posts are to go. To do this it will be helpful if you have someone with you. Take some star pickets down to where you want the fence to start, put one picket in the ground where you want the first post to go. Send your partner down to where the end of the fence will be. Eye your partner in to your picket, trying for the straightest line you can manage (will write about dog-legs at another time). Then they stick that picket into the ground as well.

Strainer posts are to be 100 metres apart, so if the distance between the two strainer posts is 200 metres you will

need to put another picket in the middle. If the run is longer you will need to put a picket in every 100 metres. These other pickets will be the intermediate strainer posts and will also have to be eyed in.

You will know now how many strainer posts and stays you will need and how long the fence is, so you can calculate how much wire and mesh you'll need. There is one stay to each strainer post, intermediates do not need a stay if the fence is in a straight line.

### DIGGING HOLES

Now the holes have to be dug for the strainer posts; don't panic there is even harder work to come. Dig the holes for the two end posts first so that if there are any problems, such as rock, and the hole has to be moved, the intermediate post holes can be dug to match.

There is an old bushie's yarn that goes like this: when you go to dig a post hole, you throw your hat on the ground and dig around the brim to give you a hole the size of the strainer posts. This isn't such a bad idea until you can judge the size for yourself. Mark the edge of the hole with your crowbar. You can either start the digging with the post hole shovel or a crowbar.

When starting to dig a post hole with a crowbar, it is much easier to start in the middle and work your way in a circle to the edge, especially in hard shoal or clay, than it is by digging from the outside in as there is more dirt to move. When digging from the middle out, there is only a little dirt to move at a time.

The hole is to be dug to a depth of 900 millimetres. Try to get all the holes down to that depth because if you skimp on the depth then come to a couple of holes where you can't get all the way down because of rock the whole fence will be weakened, which wouldn't happen if you got the hole deep enough.

If you encounter rock, first try and dig it out by widening the hole, and have a good look at the rock. Most rocks will only be a floater, that is a rock that is not attached to another rock, and, providing that the floater is not extremely big, it should be able to be dug out. A lot of rock has a grain, this grain can be used to crack the rock with a crowbar, but this method is not really most people's cup of tea. If you don't mind a little hard work then it is worth giving it a go. If this doesn't work you will have to move the hole a little in either direction until you reach the depth, remembering that the intermediates will have to be realigned to match.

#### **PUTTING IN THE POSTS**

Once all the holes are dug, the post has to go in; this is going to be the difficult part for those who can't lift heavy weights. All I did was to pick the post up and drop it into the hole, or, if we had the tractor we lifted the post in with the front bucket. We didn't have any wonderful and simple way to put the posts in the holes other than these ones. Use a little ingenuity and see what you

can come up with if these ideas do not suit you.

Sometimes though, we would leave the posts on the truck, back the truck up to the hole, about a metre away from it, put the crowbar into the back of the hole away from the post to stop the post from overshooting the hole. Then a couple of people would lift the top of the post up, letting it slide into the hole. Someone would be standing next to the hole guiding the post in until it was halfway in then moving out of the way. If someone is guiding the post make sure they are careful and get out of the way as the post goes in because the post will move around in the hole and could hit them. You could also use an A-frame, or whatever method you find easiest. Remember to keep your back straight and your legs bent if you are moving a post by hand and never do it by yourself.

Once you have managed to put the post into the hole it is time to ram it. Stand the post up in the middle of the hole, shovel about 25 centimetres of dirt into the hole. Now make sure that the post is level both ways; you could use a level or eye it in. I think using your eye is a better way (if you have an eye that can tell the difference). If you build a fence up a hill, a spirit level will be of no use to you, as the posts on a true level reading will lean into the hill, effectively reducing the height of the post and fence. So while you are fencing on flat ground practise getting the posts level with your eye. Otherwise, loosely dangle a straight edge, shovel handle, crowbar or something similar, between your fingers and line the post up with it, until you get the idea of what looks straight.

Ram that first 25 centimetres of dirt with the round end or spud until you can

see that the dirt is packed and it makes a nice 'thud' noise, and then repeat the sequence: 25 centimetres then ram, 25 centimetres. . . until you have finished. Make sure you step back and check the level every so often. When the post is rammed scrape up some dirt against the post, forming a little mound around the post and step it down tight. This will stop a lot of water from washing into the hole, loosening the post.

When both end posts are in and rammed send your partner to the pickets that are marking the intermediates, if there are any, and eye them in again with the two end posts. Repeat the process of digging and ramming. If the strainer post is to T-bone off an existing fence don't cut the wires to fit the post in, just dig the hole as close to the fence as you can and staple the old fence to the strainer post.

Next time we'll move on with the job and learn about attaching the wire.

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# PERUVIAN PARSNIP

by Michel and Jude Fanton, Byron Bay, NSW.

Peruvian parsnip (*Arracacia esculentum*/*A.xanthorrhiza*) belongs to the Umbelliferae botanical family, as do carrot, celery, dill and parsley. It originated in the Peruvian highlands. *Arracacha* is its common Peruvian name; *esculentus* is Latin for food; *xantho* means yellow in Greek and *rhiza* is roots. It is a perennial with up to ten roots which at full size are quite thick and up to 45 cm long. Peruvian parsnip has clumps of leaves looking like very large parsley plants. It has many hollow stems to 60 cm with dark green leaves. After eighteen months the clump produces many crowns and can attain a metre across.

This parsnip is popular in big cities of South America (about 10,000 hectares are grown around Sao Paolo in Brazil). It is more popular there than the potato because it can be produced more cheaply.

## CULTIVATION

Peruvian parsnip prefers fertile soil with good drainage. In warm areas it can be planted throughout the year. In cool temperate parts of Australia and New Zealand it should be set out in early spring. Its leaves are frost tender and should be protected in winter. Its roots can be harvested after fourteen months, but it may take up to two years for good sized ones to form in cooler climates. *Arracacha* is grown as a companion to potatoes in the Andes. Our experience is that it grows very prolifically in the Northern Rivers area of New South Wales, but some plants succumb to a root rot and very suddenly die. Good drainage seems to help to avoid this occurrence.

## PROPAGATION

Peruvian parsnip is usually propagated by the crowns, somewhat like rhubarb. These are ready about ten months after the original planting. Trim off the larger leaves, dig up the whole plant, make a feast of the large and delectable bottom roots and a soup of the central bole. Cut off the offsets into separate crowns and leave them to callous for a couple of days

before replanting. They are extremely hardy and can reshoot even when they look quite dead. Peruvian parsnip flowers but rarely sets seed; if it does the large flat seeds can be harvested and replanted. This is the way to obtain a new strain (as with potatoes and Jerusalem artichokes).

## USAGE

They are delicious when cooked in all the same ways as potatoes. Young roots can be steamed for a mere ten minutes. They are also very tasty baked or fried. The strain that we have grown in Australia has white flesh with a purple streak around the root core, but the yellow one is preferred in some parts of South America. Peruvian parsnip can be eaten raw in thin crisp slices. Colombians make a classic soup of it. The young stems are sometimes blanched and eaten raw in salads or in a stir-fry. The central root bole is fibrous and is fed to animals in South America. We use it as a soup-bone substitute.

## AVAILABILITY

Permaculturalists have been swapping Peruvian parsnip for ten years now. South Americans would be the best source for a range of strains.

## SEED SAVING ACTIVITIES

Seed Savers has a one-year programme, funded by the Sidney Myer Fund, of conserving heritage fruit and nut trees with the help of school children in northern NSW. Fifteen schools will participate in surveying their local areas for old varieties of such trees as mangos, lychees and pecans, as well as for local varieties of bush foods. These will be propagated and planted in the school yards and distributed to the community, as well as being listed on Seed Savers' web site for all schools to access. For more information on the activities of Seed Savers, please send an SAE to: PO Box 975, Byron Bay, NSW 2481.

Our Website can be accessed on  
<http://www.om.com.au/seedsave>.



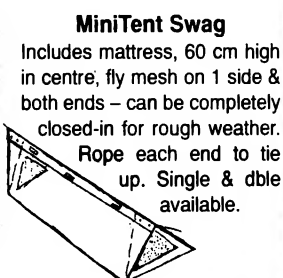


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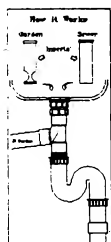
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# THE GLOCKEMANN PUMP

by Susan Gibson, Wyndham, NSW

When I moved to this valley life was accompanied by the hum of petrol-driven water pumps. All my neighbours had them and peaceful afternoons filled with birdsong were frequently invaded by their constant din. If we had more than 24 hours of rain everyone got edgy. Should they pull the pump out of the creek? Would it set in? Would it flood do you think? I had one of these nuts and bolts nightmares go under in a flood once, it cost the earth to fix and never ran the same after that.

I had heard of perpetual motion pumps, like something out of legend, but I never dreamed there was one to suit my conditions. I have no big falls for hydraulic rams, no voluminous torrents of power, no white water rapids. As a matter of fact, all I have is slow, shallow river frontage. Then one day I heard a rumour that a new pump had been invented, obviously by someone who had reached the limits of exasperation with conventional pumps. It turned out to be Ralph Glockemann who lived not too far away.

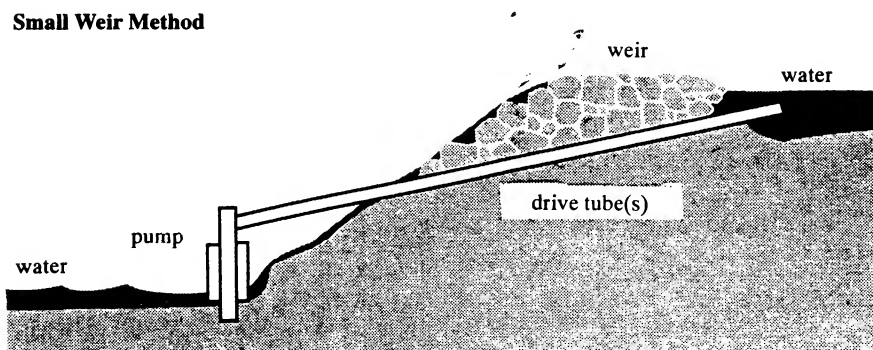
The addition of this extraordinary pump to my life can be expressed in one word – Eureka!

I have about a kilometre and a half of river frontage and did manage to find a spot with a drop of about 30 centimetres over seven metres. Ralph came by and advised me on increasing the drop by building a small weir and then digging away any obstructions to the flow in the lower pool. We ended up with almost 60 centimetres of fall, a real Niagara Falls!

My first weir, built of stone and cement, washed out one week later in a flood and I decided that it was too much work to build another so I rigged up a 'crib'. It was something I'd seen done in Canada. I took four hollow steel bars and ran chains through them which fixed to trees on each bank. I sort of wove the four bars together with fencing wire then filled it with rocks. Mine is more like a cradle than a crib, but it's held for three years now. If rocks are washed out in a flood I just put them back in; easy.

Nowadays Ralph advises filling hessian bags with dry sand and cement mix

## Small Weir Method



A small weir will provide sufficient drop in water level to operate the pump.

then plunking them in place in the river. The water penetrates the bags and you have an instant weir.

What I had always wanted in my garden was a fountain. When I realised this pump kept my tank full all the time, I hooked up some pipe to the overflow, ran it under my lawn and into a series of birdbaths. The sound of trickling water filled the air; lovely. A great sense of plenty came over me. Now, when someone visits me for the first time, they are drawn instantly to the fountain and walk all around it, then ask, 'Where's that water coming from?' I point to the water tower some distance away. 'It's overflowing,' I say nonchalantly. Then I take them down the bank and show them the small miracle in my river. They are amazed.

The original pump looked like two galvanised steel plates and was no bigger than a loaf of bread. It had grown red and lumpy over the years, like an old anchor. I decided to update. The '320 Oasis' is sleek, cylindrical and space-age. Rather like the difference between the model 'T' and a new car.

My old pump gave me 500 litres a day; the new one 4000 litres! Many of my neighbours have newer ones. There are ten Glockemann pumps on our river now. They are a more neighbourly pump since they don't suck thousands of gallons out of the water system in one big gulp causing everyone downstream to curse your name.

I have only a small area on a bend in the river and have begun to grow waratahs for cut flowers. At present I

have 300 plants, but eventually plan on a thousand. The new pump will be more than adequate for my irrigation needs.

All in all this pump is a godsend. I can take it apart and put it back together myself. It gives me reliable free energy. I believe it is the way of the future.

## BEE STINGS – ACT FAST

A big question – to reduce the amount of poison released by bee stings, should one scrape or squeeze the sting out? According to an American entomologist it simply does not matter how you get the sting out as long as you get it out quickly. It is time delay that allows more poison to be released, not the squeezing or scraping actions.

## GRIMES & SONS

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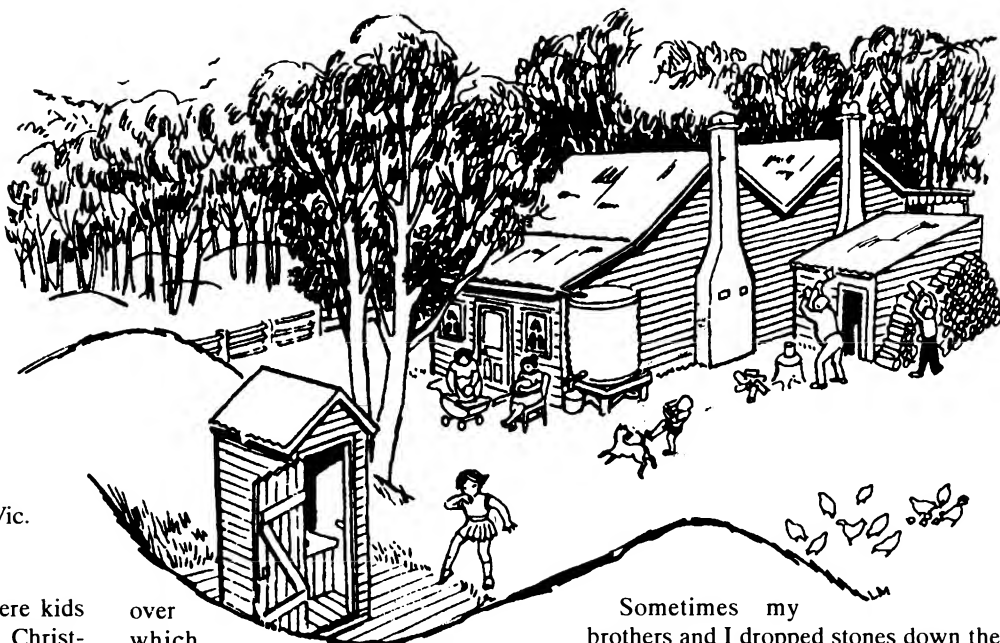
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# A VERY LONG DROP

by Lois Molina, Bendigo, Vic.



When my brothers and I were kids our family spent part of most Christmas school holidays with Mum's parents, in the Victorian gold mining town where she and Dad grew up. Grandfather kept chooks and sold eggs.

Those were the days of the night-cart man who emptied town toilet cans, but many people on the outskirts, where our grandparents lived, made use of the mineshafts that pitted the area. Few had been filled in or capped and some were deep. About a hundred metres from the house was a deep shaft

over which Grandfather, a carpenter by trade, had built a timber platform. In the centre of the platform, right over the shaft, he built the dunny.

Stepping out onto the platform was bad enough, my vivid imagination picturing the deep dark below. But sitting on the seat while dank draughts wafted up around my defenceless bottom, did not encourage dawdling to read the squares of torn newspaper in the shoebox!

Sometimes my brothers and I dropped stones down the hole, waiting long seconds for each far-away splash, and shuddering at pale shapes caught within view on cobwebby ledges. These were the remains of the odd White Leghorn which had died and been disposed of down the shaft!

My happy memories of those exciting Christmas gatherings are charmingly mingled with memories of draughts creeping up from the dunny shaft!

## THE MANTIS TILLER-CULTIVATOR

A small, light mechanical garden tiller, weighing less than 9 kg and powered by a two-stroke engine, it is powerful enough for the toughest soils, yet can be easily manoeuvred in the vegie patch or lifted over the beds. Its unique curvy tines spin at up to 240 rpm, tilling to a depth of 25 cm, turning hard ground into garden

and, at the same time, incorporating compost or mulch. The Mantis has a warranty of 2 years and the tines have a lifetime guarantee against breakage.

RRP is \$690 + p&h, (\$570 + p&h tax exempt). Also available is a range of other attachments such as a planter-furrower and border-edger.



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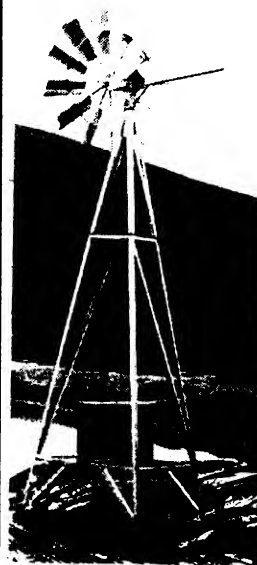
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- The Mini Windmill uses 1/2 inch garden fittings, requires no special plumbing & operates using ordinary poly pipe.

- The Mini Windmill is capable of pumping over a distance of at least 250m, up to a height of 6-7 metres and approx 90 litres in light winds and 150 in moderate winds.

To obtain further information contact Robert, Helen or Craig now at:

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# WIN A BREAD MAKING KIT

An article on the development of the Easy Knead Aussie Doughmaker in GR 112 generated much interest amongst *Grass Roots* readers. This has prompted the inventors and manufacturers, Graeme and Bruce Doreian, to offer readers the opportunity to win one of their innovative bread making products.

## BAKE YOUR OWN

When big business automated bread making, they invented machines that could turn out thousands of loaves, identical in size and flavour. What they forgot, however, was that people like the personal touch and what flows from it - the variation in size and flavour, the different ingredients and their freshness, and the absence of artificial additives. These important details show that the baker is human, that he cares about his product and about his customers.

Mass production has resulted in more people wanting to make their own bread so they can regain the beautiful sensation of the fresh flavour, the healthy ingredients, the variety of flavour and the beautiful aromas through the house during the baking process.

## THE EASY KNEAD SYSTEM

When Graeme Doreian, the happy bread maker in *Grass Roots* 112, and his father Bruce announced they had invented a dough kneading machine and prover box that were simple and easy to use, they had an overwhelming response from *Grass Roots* readers interested in bread making. Through their inventiveness, home bread

makers can now knead bread in a simple, easy way. The doughmaker is a hand operated machine with only one moving part. It sits on the bench using suction cups to keep it in place, ingredients are placed in it and the handle turned to mix the dough and then knead it. The kneaded dough is ready in a few minutes. The Aussie Doughmaker can also be used to make pizza bases, pasta and donuts.

The prover box provides a warm, moist, controlled environment, ideal for the dough to rise before baking.

## WIN A BAKERY KIT

Bruce and Graeme Doreian have offered to be judges in a bread making competition for *Grass Roots* readers. All you have to do is send us your family's favourite

bread recipe. We'll pass it on to the judges who will select the best and test them. The winner will receive an Aussie Bakery Kit comprising Aussie Doughmaker, Aussie Prover Box, measuring container, mini & medium loaf tins, recipe and instruction book valued at \$135.95. A 2nd prize will also be awarded - an Aussie Doughmaker valued at \$79.95.

Send your recipe to: The Aussie Doughmaker Competition, PO Box 242 Euroa 3666.

Entries must be received by 30 April 1998 and the winners will be announced in GR 127 (June/July).

For more information on Easy Knead products write direct to: Easy Knead, PO Box 383, Dromana 3936. Ph: 03-5981-4109, fax: 03-5981-2799.



## Entry Form

## Easy Knead

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_ Please attach your fantastic recipe and send to:

**The Aussie Doughmaker Competition, PO Box 242, EUROA 3666.**

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## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

### WOOLLY COOKER/COOLER

This product developed from a primitive cooking method that is widely used in third world countries where refrigeration and cooking facilities are limited. Made from wool specially treated to stop bacterial and mould growth and shrinkage it can replace both oven and Eskey. It holds heat or cold for several hours. To use as an oven you simply heat your meal on the stove then actually cook it in the Woolly Cooker. After the initial heating no more fuel is required making this a very energy and cost efficient process. To utilise as an Eskey you simply keep food as cold as possible before placing in the Woolly Cooker/Cooler cushions and it remains cold and fresh for hours. The Woolly Cooker/Cooler is available for \$60 plus \$7 p&p. A range of related products are also available (eg wine carriers, bags, tea cosies).

**Contact:** Colonial Nu Wool Products, RMB 448, Birchip 3483. Ph: 03-5492-2671.

### ANTI-BARKING DEVICE

The Aboistop device has been developed to solve the problem of excessive and untimely barking by dogs in a simple and humane way based on a conditioned reflex (remember Pavlov's dog?). The device comes attached to a collar which is placed around the dog's neck. Each time the dog barks, the barking sensing unit releases a brisk spray of citronella in front of the dog's snout so that the dog very quickly learns that when he barks, the unpleasant spray appears. The company that distributes this product claims that nuisance barking is eliminated by up to 88% and that this is achieved quickly and without any direct human intervention. The Aboistop kit comprises the electronic bark-sensing unit, adjustable collar, large refill can of citronella, two 6-volt alkaline batteries and detailed instructions.

**Available for purchase (approximately \$200) from Opelco, PO Box 573 Kogarah 2217. Ph: 02-9547-1073. Also RSPCA centres (Melbourne Ph: 03-9224-2222). The units are also available for hire from Opelco.**

### NEW SOLAR POWER TECHNOLOGY

Universality of The Sun have introduced new solar power technology in the form of Uni-Solar Panels – a range of triple junction, thin film amorphous silicon panels. They are less energy intensive and simpler to produce than conventional solar technology. A Uni-Solar panel has one-third the embodied energy of others so that it repays its environmental construction cost in less than two years of operation as distinct to about seven years for crystalline units. The panels are available in a number of sizes in either rigid (a general purpose panel for home power & water pumping with a traditional aluminum frame); flexible (ideal for caravans; boats and camping as they are thin & lightweight) and roof module which replaces normal roof cladding. As a special offer to GR readers, Universality of the Sun will supply Uni-Solar panels at trade prices and they will deliver free of charge to capital cities.

**Contact:** Christopher, Universality of the Sun, Ph/Fax: 08-9339-0230.

### NATURAL SEPTIC CLEANER

Ecocare is a product that cleans clogged and/or smelly septic systems. It can be poured directly into the waste system via the toilet or a plug

hole. However it can also be diluted with water and used as a general purpose cleaner for bathrooms and kitchens and so enter the waste system that way.

Two capfuls of Ecocare diluted with water make up 2.5 litres of cleaning product. It is made of natural, food grade ingredients and is nontoxic and biodegradable. Its natural grease cutting agents and bacterial stimulants go to work to break down thick layers of grease which are then consumed by bacteria. The product is available in various sizes starting at a 10 litre container priced at \$139 including p&p. Full instructions are provided.

**Contact:** Ecocare Ph: 1800 633 866 (toll free).

### MINI COMPOSTING TOILET

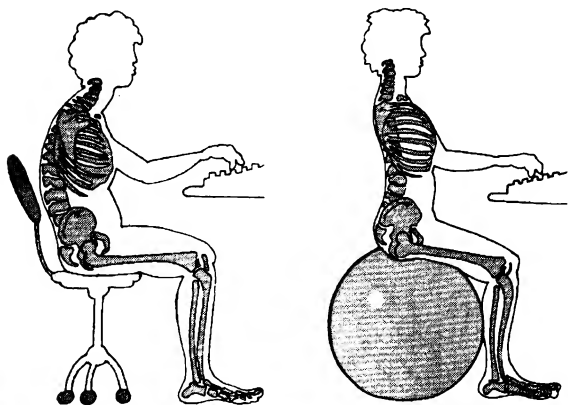
The standard Nature-Loo composting toilets have been available for a while and now there is a smaller version. Like all Nature-Loops it doesn't use water or chemicals, it doesn't smell and it is easy to maintain. The only difference is a lesser capacity – while the standard unit is best for a family or a number of people full-time, this mini version is suitable for two people full-time or for weekender homes. The makers claim this to be the world's cheapest and smallest commercially available composting toilet system. It retails for \$495 (the standard unit is \$1990).

**Contact:** Nature-Loo, PO Box 1213, Milton 4064. Ph: 07-3252-0733, or fax 07-3257-2338.

### BALL FOR BACK PAIN

Mechanical low back pain (MLBP) has been described as the 'flu' of the musculoskeletal system – it is said that 80% of the population will suffer back pain at some time. The Mediball is a back care programme designed to strengthen the back and so both prevent back injury and minimise the pain associated with MLBP. It is an extremely strong, inflatable PVC (recyclable) ball and use of it will stimulate postural reflexes and keep the deep supportive muscles of the spine in good working order. The mediball programme has two components – the exercise program and the use of it as a therapeutic seat. It is also recommended for antenatal and postnatal support and for assistance during labour. The Mediball is available in different sizes to accommodate individual body types. It retails for approximately \$85 plus p&p.

**Contact:** Murray Ceff, Health Trek, Ph: 03-9888-8494 or 049 612121 (NSW) or <http://www.healthtrek.net>





# DOWN HOME ON THE FARM

by Megg Miller.

If there was any doubt that an early and very hot summer could be anticipated, it was dispelled this weekend as temperatures rose to the early thirties. In just a few days the local countryside dried off. With five weeks still to go to the official onset of summer, the earth is looking parched and dams are ominously low.

My complaints last issue about cutting the lush spring growth seem silly in retrospect. With the threat of a serious drought hanging over us all, grass to mow actually sounds attractive. Lately I've taken the opportunity to tidy up the paddocks and along the roadside, to minimise the fire risk; now only the sheep paddock needs cutting, together with some grass out the back along the fence-line of the property.

The old sheep have been allowed to potter around amongst the turkeys and geese. I'm sure what teeth remain couldn't cope with the lank grass in their enclosure, so they're enjoying an extended stay in previously forbidden territory. They may be old but their memory is still good; they check the fastness of the turkey shed doors regularly and can be found 'locked' in every other day. It's been easier to accept their predilection for being shedded and leave the door unbolted on a rarely used unit. Their presence is usually signified by plaintive calls for release. Management will be easier when they can return to their paddock. I can't say I'm putting the mowing of the grass off until a rainy day – or it may never get done! When time permits, is a more realistic motto.

If life seemed busy earlier in the year now it feels jammed on fast forward. I guess this is inevitable when spring and summer overlap and many garden and farm chores suddenly need doing. I thought I had weeks to do the mulching in the vegie garden, but the hot days have necessitated it being tackled immediately. The tomato and basil seedlings are forlornly sitting on the verandah, hardening off but they need planting out and green pepper and aubergine seedlings secured. I was hoping to fit in some spring cleaning too as the windows and screens are getting lost behind spider webs. Even the poor dog has been caught out by the heat, nature having precipitated a sudden shedding of her

winter coat. This is usually a slow, gradual process but at the moment huge chunks of hair are falling out, giving her an appearance of unravelling. She must be feeling very itchy because there are some hairy spots up the paddock where she has rolled around in the grass. I spent half an hour brushing and gently pulling away whole clumps of soft hair the other evening, regretfully discarding the pile although it looked suitable for spinning. Maybe another year. . .

Since I started writing this we have had a fantastic fall of rain, in fact so heavy the roof leaked and I came back from an overnight stay with Suni to find almost as much water inside as out. The roof only leaks when heavy falls come from the north-east. Two plumbers have declared the leak fixed, but no, a very soggy and possibly ruined carpet indicated otherwise. So enthusiastically has this unexpected rain been received that I can get no sympathy for the mess inside. The topping up of tanks and the refreshing of shrubs and trees as well as the garden has probably been worth the mess caused by the roof leak. It's interesting that the ants had been scurrying around for weeks and the cats cleaning over their ears. I kept thinking a shower must be imminent but each time grey clouds gathered they were hastily blown away. You just can't beat the cats and ants as weather forecasters, my mum used to always say, and in my youth I scoffed at such an unscientific idea. Years later I have to admit some truth there, and acknowledge that the scientifically based weather reports frequently miss the mark.

Despite this rain, gardening efforts are much tempered by the dry conditions ahead. Just a few essentials, not the usual all and sundry, and definitely no coloured corn. I tended the latter lovingly last year and cooked a few cobs with great anticipation. They were inedible and almost wrought permanent damage to my teeth. Obviously they were meant for purely ornamental purposes! But to return to garden essentials, no backyard should be without tomatoes or basil, nor a few cheerful petunias. I purchased a few punnets of annuals recently and lashed out by adding several pots of established pansies in flower. They all looked terrific as I tidied up at dusk after some hasty gardening. Would you be-

lieve there wasn't a bloom to be found next morning on any of the seedlings or newly introduced plants. A young rose close by had been seriously 'pruned' so I imagine it was those pesky possums again. They have even nipped all the tops of the tomato seedlings on the verandah. Around in the vegie garden, which is more open, it is the galahs and sulphur-crested cockatoos who wreak havoc. I'm regularly teased about my vegie protectors (wire frames) and am guilty of leaving them over crops until the latter are literally squeezing through the netting squares. Super protective measures are called for in the battle to beat bored birds. Perhaps when the straw mulch is all down many of the plants will be so deeply surrounded they won't look inviting.

Some weeks back I was showing visitors around the garden and we were laughing at my latest acquisition, a fine cement rooster, when a movement under the bushes caught our eye. In a polystyrene seedling box a very stealthy Dorking hen had established a nest. I had passed by many times without noticing, so still and hidden was she. When I heard clucking a week later I swooped in and captured a surprised hen and clutch of chicks and hastily relocated them amongst bushes in a nearby fowl run. Fortunately the hen forgot her previous habitat and its bushy undergrowth – the damage caused by so many little feet would be horrific.

A pair of guineas, residents in the garden, have a nest under a daisy bush. Guineas don't scratch around like chooks and chickens so don't decimate young seedlings, but they are fiercely protective of their young. There will be no wining or dining out in the garden if young ones hatch. The parents are apt to fly up at you, towards the face, which can be terrifying if unexpected. I have a healthy respect for these birds due to past escapades and now either shake my hat to divert them or just turn away with the thought that little serious damage will result from an attack to the shoulders or back of head. They are, after all, very light bodied. Fortunately this behaviour abates after a few weeks. I hope I haven't put anyone off this species. Probably not all couples are so aggressive, however, be forewarned. The plus

side of having a family of insect eaters strolling around is less bugs and also less snakes. Whether this is purely coincidental or related to their presence is open to conjecture. Should the eggs hatch, I may need to invest in a few flap caps – the old Legionnaire-type cloth hats with the long piece that protects the neck. Such caps may save a scratched neck and so become obligatory apparel for anyone stepping off the verandah.

Goose breeding has concluded, I'm pleased to write, and this sentiment is probably shared by the dog who has had to adjudicate many passionate brawls. Some geese hatched out young, some squashed the eggs at the crucial stage, others sat on infertile eggs or untidily let their eggs fall out of the nest and cool. Toulouse, the breed I keep, are not renowned for their sitting or hatching ability, although they lay well for a heavy bird. Usually a clutch of eggs is well in excess of what they can sit on. I vowed I wouldn't interfere this year but with crows hovering around and a number of unexplained gosling disappearances, I found myself with a box of fifteen fluffy littlies in the lounge. A brooder was hastily erected in the shed and the goslings transferred for a spell to build up their strength. I won't forget the release of these littlies for a long time. They milled around lost and bewildered when I herded them out of their shed and along to the big paddock. Suddenly they noticed a pair of adult geese a little distance ahead and, squeaking noisily, took off after them. The horrified pair stood frozen then fled across the paddock pursued determinedly by the nursery throng. It was as well no one was around to see or hear me – I was bent double with loud laughter. No doubt I was guilty of anthropomorphism but the tableau was reminiscent of moments I've observed and reminded me of times here when school buses have dropped off primary pupils at the gate for a visit and they have converged up the drive and upon me with the same noise and determination.

The nice ending for this nursery group is that a fierce pair of geese have assumed guardianship of them and what the latter lack in nurturing ability is well compensated by noisy aggression and an inclination for walking the legs off the littlies numerous times a day. My bet is the pair are a couple of the spare ganders demonstrating their frustrated parental skills.

With my time at a premium I'm grateful for all the assistance I can get,

be it from ganders or the many broody hens that are strutting around with clutches of chicks. One hen turned up last week with around eighteen chicks, a handful for even the most dedicated mum. And the incubator? Well yes, I'm still 'about' to turn it on. The hot spell has resulted in an increase in broodiness and the turkeys that are on a few eggs in a corner of their shed are being joined by additional numbers of broodies so that soon there will be no hens left laying. I need to collect all the eggs, put the viable ones in the incubator and get the hens back into lay. Soon as this deadline is over, I'm saying to myself, as soon as I get my writing finished. . .

With the festive season just around the corner I'll have to start thinking about pressies and parties, rather than incubators. Christmas will be here in no time. It will be nice to catch up with friends I've neglected, spend some time with my goddaughter and to eat, drink and be merry. In fact there will be about a week's holiday for me to enjoy and unwind after the long arduous year. It may not be as relaxing as I anticipate because just before New Year Suni is setting off for a couple of weeks' holiday in Antarctica. As she will be working and trying to pack, organise her flat and stay sane simultaneously she may need an extra pair of hands. Her holiday sounds fantastic. These days she's the manager of a clothing store in Lygon Street as well as fitting in part-time postgraduate studies. December is a busy time for her and then she has to set up the shop for the January sales. She is sure to enjoy Antarctica! You can guess what will be in her stocking this year – a balaclava, gloves, wool tights, maybe even thermal underwear, and I'll have to put extra care into the selection of cheap paperbacks that are an integral part of present giving. I'm hoping for expensive chocolates and a nice pair of earrings. We haven't thought about how we'll spend Christmas day. Present opening, a favourite home-cooked meal at lunchtime, siesta in bed with our pile of books, and then time for friends? It sounds like a perfect day.



## PENPALS

Hi, my name is Kate Heathcote. I like athletics, swimming, cooking, reading, writing, drawing, painting, flower arranging, hockey, netball, listening to music, eating lollies and chocolates and visiting my friends. I'm 11 and would like a penpal between 8 and 17. I would love to have heaps of penpals, boys or girls, and every letter will be replied to, I promise!

**Kate Heathcote,**

**C/- PO Box 242, EUROA 3666.**

Hi, I'm Kate, I'm 13 and looking for penpals, male or female, aged 12-15. I enjoy horse and bike riding, living on a farm and listening to music. I like all animals, especially horses.

**Kate Meadows,**

**C/- PO Box 242, EUROA 3666.**

Hi, my name is Kylen and I am looking for a penpal. Someone who is either 11 or 12, boy or girl. My hobbies are: swimming, reading and cooking. My favourite music is Hanson.

**Kylen, C/- PO Box 242, EUROA 3666.**

Hi, my name is Mel. I'm 19 years old, Taurian, and my interests are watching old 'classic' movies, listening to music, spending time with like-minded people, conversation and deep meaningful talks, studying the spiritual side of life, studying Wicca. I'd like to be self-sufficient, learn to garden and cook, just basically learn. I'm not looking for a relationship, I'm just looking for 'soul' people to correspond with and to share with.

**Melanie, C/- PO Box 242, EUROA 3666.**

My name is Maia and I'm a ten year old girl. I play soccer and other sports, I love swimming, collect stamps and like to write letters. I live near the beach and spend holidays at our place in the rainforest. I would like a penpal around my age.

**Maia, C/- PO Box 242, EUROA 3666.**

If you believe as I do, that the slaughter for profit or hunger and the rape of the land by farmers/developers are unnecessary evils. If you refuse to 'grow up' and still look out for the elusive fairy at the bottom of the garden, love reading, soulful conversations, nurturing your spiritual side and growing your own. If you dream that this reality could ascend our ignorance, write to me. (Kylie, 24 y/o.)

**Kylie, PO Box 32, MILES 4415.**

Hi. My name is Kellie and I'm 10. I like dancing and karate as well as music. I also enjoy swimming. I have a pet galah. I would like a penpal aged between 10 and 12.

**Kellie Hutchins,**

**C/- PO Box 242, EUROA 3666.**

My name is Pamela, I am 40 years old. I am interested in alternative medicine, alternative lifestyles, reading, writing, gardening, most New Age concepts, and am a prolific letter writer. So write soon!

**Pamela Dyke,**

**50 Stanhope St, BROADMEADOWS 3047.**

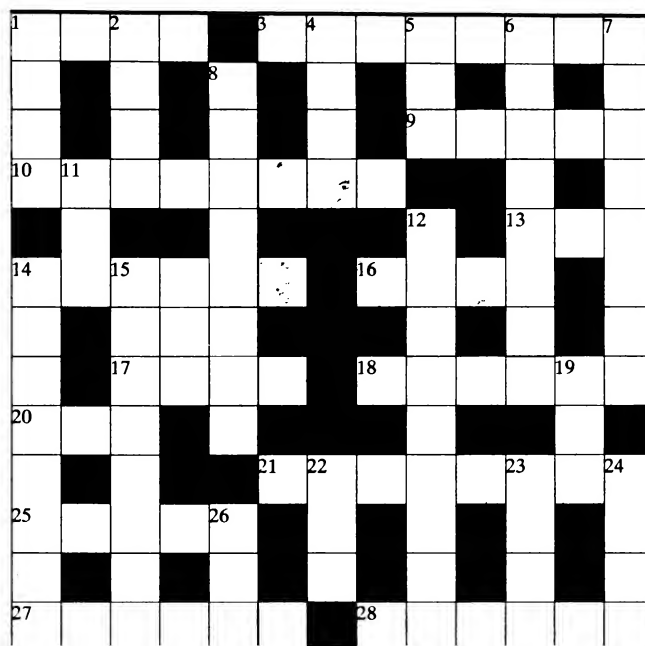


## Across

1. In quarrel between banks in Germany (4).
- 3 & 7 down. Proceeds towards (8, 7).
9. Stall for the election (5).
10. Tombstone territory (8).
13. He is entitled to his address (3).
14. Pass over another region (6).
16. Neat eruption in Sicily (4).
17. Holds blood money (4).
18. Sounds like it's allowed (6).
20. Prompt for the billiard player (3).
21. A gent sat, becoming motionless (8).
25. Won it being pulled (2, 3).
27. Showed patient care (6).
32. Sexist being alive (6).

## Down

1. Poetic tale in wildlife picture (4).
2. Jib at the barrier (4).
4. Superior bowled in cricket (4).
5. Place to drink in the Irish Republic (3).
6. Many at hound's gathering (8).
7. See 3 across (8).
8. Said to have been inaction (8).
11. Cracked it for a meal (3).
12. Rugged spar is safe (9).
14. Idle indeed (8).



15. Still sick but wiser by the sound of it (2, 6).
19. Quite a number found at the auction (3).
22. Hint to cap size (3).
23. Beer for sale (4).
24. Sore back for the god (4).
26. Very small for a ewe (3).

*Solution on page 88*



# CHEAP WATER STORAGE

by Michael, Marysville, Vic.

The recurrent problem of unpolluted water storage has vexed many and could be fairly urgent given the current dry spell.

I use rainwater for the house and long ago it became obvious to me that easily the best storage cistern was an above-ground swimming pool. Second-hand ones from the *Trading Post* are best; the older plastic liners emit no chemicals, they can be transported in the back of a station wagon – obliterating a major cost/problem – and they're cheap. I've

got five, each cost between \$45 and \$100, and the vendor usually throws in the pumps, filters etc too.

For assorted reasons I opted for the 4.5 x 1.2 metre ones (overcoming many potential problems/costs in advance) and put them straight on a bit of level dirt. (Or, if you want to go yuppie, put an old bit of carpet from the tip under them.) They hold nearly 20,000 litres.

For a cover, recycled plastic weedmat works well; it keeps out leaves, other debris and light – hence no algae. The top

must be a tight fit, a-la-circus tent, otherwise small birds get in for a drink, can't get out and drown. And when your cuppa leaves a funny taste in your mouth you just know a possum's been in the tank!

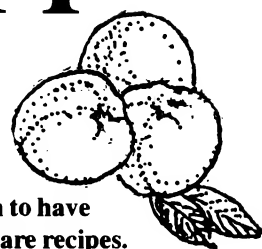
Other benefits: No need to punch holes in the tank for outlets. Place the pump on the ground beside the tank and hang a syphon hose over the edge. When the gunk accumulates – as it does in all tanks – attach a pool vacuum (supplied with your pool purchase) to the filter/pump system and sweep it out.



# GARDEN BOUNTY

## APRICOT & PAWPAP

by Cheryl Beasley, Karalee, Qld.



These delicious fruits are good for more than eating. Anyone lucky enough to have vigorously producing trees can have fun experimenting with these tasty skin care recipes.

### APRICOT

As for all fruit trees, apricots like a soil that has been well prepared in advance of planting with organic matter. Protect the tree from frosts in the first year and feed in spring and water well to ensure bountiful fruit. Apricots help keep all skin types clear and well nourished.

#### Apricot Face Mask

- 1 ripe apricot
- 1 tsp powdered milk

Mash the apricot finely and stir in the powdered milk. Spread the mixture over the face, concentrating on any blemishes. Leave for twenty minutes then rinse with cool water.

#### Body Scrub

- 1 cup oatmeal
- 1/2 cup plain yoghurt
- 1 mashed apricot

Mix all the ingredients together and gently massage all over the body before showering off.

#### Foaming Apricot Bath Oil

- 1/2 cup sunflower oil
- 2 tbsp apricot oil
- 1/2 cup baby shampoo

Combine all the ingredients in a blender and add two tablespoons to the running bath water for a delightful con-

ditioning bubble bath. You could substitute apricot juice for the apricot oil, but the product must be kept in the fridge and used within the week for best benefits.

#### Apricot Bleaching Lotion

- 2 ripe apricots
- 1 cup buttermilk

Chop the apricots roughly and add to the buttermilk. Simmer for ten minutes then strain and cool. Use nightly and allow to dry on the skin.

### PAWPAP

If you're lucky enough to live in a temperate or tropical region then the pawpaw will grow for you. Male and female trees are required for pollination and a well drained soil is preferable. The pawpaw has wonderful soothing and healing qualities that make it extremely good for oily skin and the removal of stubborn blackheads. The flesh of the pawpaw will effectively cleanse the skin of dead cells.

#### Pawpaw Pack

- (dull skin)
- 4 tbsp mashed pawpaw
- 1 tbsp pure honey

Combine the pawpaw and honey and

gently apply to the face. Leave on the skin for twenty minutes then remove with tepid water.

#### Acne Mask

- 1 tbsp mashed pawpaw
- 1 tbsp kaolin
- 1 tsp plain yoghurt

Mix together the ingredients and apply to the face. Leave on for twenty minutes then remove with tepid water.

#### Rehydration Cream

- 1 tbsp beeswax
- 3 tbsp lanolin
- 2 tsp almond oil
- 1 tsp pawpaw juice

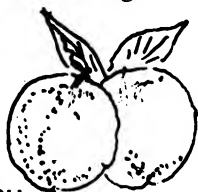
Melt the wax and lanolin in a pan over hot water. Add the oil and pawpaw juice then remove from the heat and beat until thick and cool.

Use this cream nightly and remove any greasiness after ten minutes by gently patting the skin.

#### Pawpaw Juice

Pawpaw juice can be obtained by mashing a ripe pawpaw and placing it in a square of muslin. Squeeze the juice out by twisting the cloth slowly.

This juice is ideal for blemished skin and can be applied to the face daily and left to dry before removing with cool water.



## APRICOT & PLUM

by Margaret Clark, Nagambie, Vic.

### APRICOT RELISH

If you were lucky enough to have a bumper apricot harvest, try this tasty relish.

- 3 kg apricots, stoned & lightly chopped
- 1 kg onions chopped
- 2 cups vinegar

Cook slowly together until fruit is soft.

#### Add:

- 4 cups sugar
- 2 tbsp crushed ginger
- 1 tsp seasoned pepper
- 1/2 tsp ground cloves

- 1/2 tsp crushed chilli
- 1 tsp crushed garlic

Cook for another 20 minutes taking care it doesn't stick.

Bottle in sterilised jar whilst hot.

### PLUM SAUCE

Make your own plum sauce now that plums are ripening in abundance.

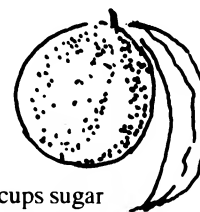
- 4 kg blood plums
- 2 cups vinegar

Cook very slowly until soft and mushy.

#### Add:

- 4 cups sugar
- 1 tbsp salt
- 1 tbsp crushed ginger
- 1 tsp black pepper
- 1 tsp ground allspice
- 1/2 tsp ground cloves
- 1/2 tsp cayenne
- 1/2 tsp crushed chilli

Cook rapidly for approx 15 - 20 minutes, taking care it doesn't stick. Put sauce through a mouli or sieve removing stones as you go. Bottle in sterilised jars whilst still hot.



# Poetry

## I LEAVE THIS MINING TOWN

*I leave this mining town  
to its museum and coreless hills  
Where all is permanent  
except work and the waitresses*

*Walking beneath coal black clouds  
through rain as thick as fog  
Pass trains longer than the deepest mineshaft*

*In chessboard fields  
cows stare  
their pastoral eyes unblinking*

*I'm waiting at the station  
for my two-carriage evening train  
to take me to where the sky  
has sobered up  
and stars are brighter  
than the belly button of a Turkish dancer*

**Jules Leigh Koch**

## DROUGHT

*Cold spectre of death  
creeping,  
relentless.*

*Casting  
all before you  
into the abyss  
Gaunt faces,  
hopeless,  
staring  
across the void.  
Your laughter  
mocking,  
echoing  
in minds  
emptied.*

**Shirley Heale**

## A NATURE TANKA

*Wild is the west wind  
With bright daffodils swaying,  
Sunlight is playing  
Hide and seek on their petals  
With blue butterflies dancing.*

**Shirley Heale**

## MYSTIC MOON EATERS

*And in the tropical garden of the city,  
the sun is casting longer shadows,  
deep shadows that overwhelm and haunt.*

*To connect with the approaching darkness,  
come the mystic moon eaters, the flying foxes.  
With leathery skin stretching from the limbs, tightly,  
they awake by the hundreds.*

*In taking the spirits of the Earth,  
fire, water and wind,  
these captivating reclusive beings  
fly, glide and soar unseen in the night sky,  
but in the shine of the lights, they are revealed.*

*In varying depths and degrees, they ride the dark  
with graceful and instinctive figures of eight.  
To watch is almost an invasion  
yet not to is disclaiming the beauty.  
And then to leave this sight,  
there are moments of mourning  
but they are overridden,  
taken over by the rush of adrenalin  
that lasts, lives on and celebrates in the mind forever.*

**Vanessa Bate**

## SUMMER MIRAGE

*The hills lie gauzy in shimmering heat  
the road hot with pockets of tar melting  
and all along the far surface  
mirages ripple  
running towards the trees  
the horizon floats,  
it comes and goes  
merges and parts in watery waves  
washing across the way  
beckoning into pools  
cool and longed for by a parched land  
longed for by travellers  
but vanishing as they draw near.*

**Irene Playford**



# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

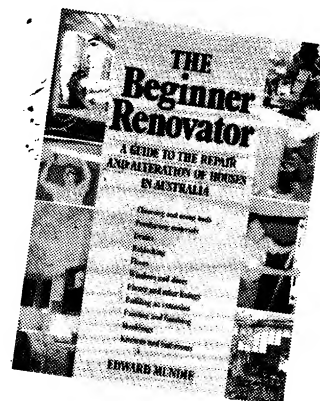
## ★ FEATURE TITLE ★

### THE BEGINNER RENOVATOR – Edward Mundie

Popular now are books and courses for 'computer dummies'; this book could very well be marketed as suitable for 'renovating dummies', and this is not meant in any pejorative sense. It tells you all the 'simple' things that most other books assume (often incorrectly) you know. A wide range of home renovating tasks, from countersinking a screw to fitting a bath, are described in easy-to-follow detail, illustrated by line drawings where necessary. Comprehensive

advice on choosing and using tools will be appreciated by many. There is even a series of sketches showing the correct (and incorrect) way to hammer a nail. The final chapter gives ideas about low-cost but high-impact alterations which can be made to make your house look attractive to prospective purchasers.

P/b, 234pp, Hyland House.  
Ph: 03-9696-9064. RRP \$19.95.



### ENVIROCAT – Robin Stewart

At last, a sensible and sensitive guide to keeping your cat and your native fauna too. Robin Stewart vividly proves that cats can thrive on an indoor lifestyle. Detailed advice about care, feeding, health and playtime matters, combined with beautiful colour photos and an extremely pleasing design and formatting concept, make this a must-have for all cat lovers.

P/b, 146pp, Hyland House. Ph: 03-9696-9064.

### TOMATOES FOR EVERYONE – Allen Gilbert

Tomatoes are said to be the world's most popular homegrown fruit, and it's no wonder when you compare the sweet subtleties of taste of a homegrown variety with the lack of flavour usually evident in commercially grown varieties. This book tells you all you ever wanted to know, and more, about growing and using this versatile fruit. Well illustrated, imaginatively formatted, and with a generous selection of recipes, every gardener will want a copy.

P/b, 142pp, Hyland House. Ph: 03-9696-9064. RRP \$29.95.

### VEGETABLES FOR SMALL GARDENS AND CONTAINERS – Peter de Vaus

An expanded edition of this popular and useful book which, while being aimed specifically at small-area gardening, contains much basic information for any would-be veggie growers. Practical features of the book include suggested garden designs, pest and disease control, nutrient needs, tool selection and a vegetable A - Z.

H/b, 153pp, Hyland House. Ph: 03-9696-9064. RRP \$29.95.

### BEAUTIFUL GARDENS WITH LESS WATER – John Patrick

A timely re-release of an eminently practical book, describes how to make the most of your garden, using the least water. It details watering methods, soils, mulches, gardening methods and drought-tolerant plants.

P/b, 64pp, Lothian Books. Ph: 03-9645-1544. RRP \$16.95.

### GOOD ENOUGH TO EAT – Jekka McVicar

A beautifully presented book about growing and eating edible flowers, with a wide selection of luscious recipes and photographs that look good enough to eat. It also includes notes on floral preserves and oils. A perfect gift for foodies and gardeners, or a satisfying self-indulgence.

H/b, 160pp, Lothian Books. Ph: 03-9645-1544.

### OUTDOOR SURVIVAL SKILLS – Larry Dean Olsen

The fifth and expanded edition of this classic manual will be welcomed by outdoor enthusiasts and campers. Written for American conditions, it nevertheless provides a wealth of knowledge that is universally appropriate. Chapters include building a makeshift shelter, making an efficient fireplace, lighting a fire, cooking, wild foods, making cutting implements, making cordage and tanning hides. Colour photographs identifying many wild food plants (some of which are found in Australia) are included as an appendix. A great gift for anyone with outdoorsy interests.

P/b, 142pp, Boobook Publications. Ph: 02-4997-0811. RRP \$22.95.

### GOOD FATS BAD FATS – Rosemary Stanton

Essential fatty acids and trans fatty acids, omega 3s and omega 6s, polyunsaturated, mono-unsaturated, prostaglandins, eicosanoids – fats are definitely not just fats. Some we need, others are a health hazard. This handy pocket guide helps to sort out the confusion, explains the terminology, debunks some modern myths and contains advice on how to have a healthy diet, excluding the 'bad' fats and incorporating the 'good'.

P/b, 168pp, Allen & Unwin. Ph: 02-9901-4088. RRP \$6.95.

### UNDERSTANDING DIABETES

#### – The Diabetes Centre St Vincents Hospital Sydney

Put together by a team of 15 health professionals, this is a comprehensive guide for all diabetics, their families and friends. It discusses everything from what diabetes is to managing and treating the disease, foods, and lifestyle issues such as exercise, stress, sexuality, travel and eating out. Particular attention is given to the concerns of adolescent and elderly sufferers. Included also are a useful list of contact associations, glossary and index.

P/b, 204pp, Simon & Schuster. Ph: 02-9415-9917. RRP \$16.95.

### HEALTHY BONES – Sue Thompson & Dr Paul Kelly

Current indications are that half of all women and a third of all men over 60 will suffer from osteoporosis, making this a chronic disease of epidemic proportions. The good news is that appropriate diet and exercise can go a long way towards preventing and/or alleviating problems. Diet is given a great deal of attention in this book, with a significant discussion of calcium sources and a large section being devoted to calcium-rich recipes. Also discussed are necessities for bone health, risk factors for osteoporosis, specific advice for children and teenagers.

P/b, 254pp, Hodder Headline. Ph: 02-9841-2800. RRP \$19.95.

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to Grass Roots, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 125 is 20th December, 1997.** Please do not fax ads.

Sender's Name .....	For issues no/s .....
Address .....	Classification .....
Postcode .....	Cost .....
<b>Cost for advertisements is 60c per word</b>	

## PROPERTY FOR SALE

### NEW SOUTH WALES

**GREEN GULLY NEAR MUDGEES**, deceased estate, 125 ac with 2 b/r house, fire damaged but repairable, crk frontage, perm spring, sheds, tanks, pens. \$58,000 ONO. Ph: 02-9958-0529.

**COLLOMBATTI** (15 mins Kempsey), 32 ac, dam, chemical free over 20 yrs. \$53,500 ONO. Ph: 02-6737-6661.

**MID NORTH COAST** 15 mins Kempsey, 100 acre bush block bordering state forest. Dam, semi-permanent creek, 2WD access, 1 ha cleared, power at gate. \$89,000 ONO. Ph: 02-6568-1440.

**BELLINGEN THORA**. Truly idyllic location, 1/3 share on estab organic MO, 135 ac bounded by river & nat park ensuring privacy. Community tractor, various tools & equip. Share (1 ha) has NE aspect with water, electricity, good rd, excel-lent swimming holes, open plan 1 1/2 b/r shack, shed, w/shop, studio. Plenty of timber & building materials, young sml orchard with 150 young pawpaws, enclosed vegie garden, chook/duck pen. Bus (31') as self-cont separate accom. Steiner and excellent primary school nearby. Prolific birdlife & wildlife with excel bushwalking, hiking, mountain bike and horse trails. Price: \$105,000. Ph: 02-6655-8759, Thora.

**MID NORTH COAST NSW** - 5 km to Nariac (30 km to Taree or Forster), 26 ac mainly tim-bered property with lge irrigated organic gar-dens/orchard. Two b/r cottage with spacious living areas, country kitchen, wide veranda, com-bustion heater, lge farmshed/workshop. Details & photos avail. \$150,000. Ph: 02-6554-1327.

**SOUTH TABULAM**, 100 ac, crk, good views, dam, 2 sheds. \$45,000. Ph: 02-6661-3559.

**DORRIGO PLATEAU**, nature lovers' hideaway, perm crystal clear crk frontage rd boundary to gate. Rainforest gullies to open forest hills, 210 ac. One hr to Coffs Harbour. Caravan & annexe on site. \$85,000. Ph: 049-712-193.

**ISLAND SETTING**, flood free, fertile soil, 20.3 perches block. Commute Brisbane or Gold Coast. \$9500. Ph: 02-6679-3324.

**NEW ENGLAND**, 'Hidden Vale', 592 ac se-cluded rolling hills and bushland with perm crk, some cleared paddocks. Only 33 km from Armi-dale, 29 km sealed rd. Choice of home sites, power & ph near. Small hut, 22,000 gal tank. Rates \$288 pq. \$89,000 ONO. Ph/fax: 02-6772-8657.

**HOUSEBOAT**, alternative living, see miscella-neous.

**FAR SOUTH COAST**, 30 mins from Eden, 2 blocks approx, 15 ac ea, partly cleared, NE as-pect. Power, daily mail/passenger bus, school bus avail. Few mins walk to school, shop/PO & river. Beautiful valley. \$25,000 & \$27,000. Towamba. Ph: 02-6496-7136 evenings.

**ORGANIC PARADISE**, Tumbarumba, western Snowies, 25 ac. Best red volcanic soil, also gold bearing. Fantastic water supply. Comfortable well-renovated pisé house. Three ac wine grapes. Great tractor shed/workshop. Equip-ment avail. School bus at gate. \$175,000 ONO. Ph: 02-6948-8688, 02-9918-9982.

**ACCESSIBLE RETREAT**, west of Taree. Sixty ac with 150 macadamia trees, 100 citrus, great soil & a dwelling. Pristine crk, surrounded by state forest & organic neighbours. House site, power and ph. \$120,000. Ph: 065-539-265.

**RAMMED EARTH COTTAGE**, top Blue Moun-tains, virtually solid sandstone. Very private, easy to keep block, fully fenced, lots of trees, rhododendrons, lawns. Easy work. Country station design with huge (7x7 m) lounge/dining/kitchen. Three b/r with BIR, mas-ter en suite, bathroom separate 2 way toilet, excel separate laundry. Large hall with stained glass sky/side panels. Timber ceilings t/out. Large verandahs. Embraces lge dble garage with w/shop. Beautiful condition t/out. One of best rammed cottages in Australia. Good for family home or up-market weekender. Best offer around \$200,000. Ph: 02-4787-7432.

**NORTHERN RIVERS NSW**, 400 ac, undulating bush country part cleared. Fifty to sixty inch annual r/fall, crks, palms, r/forest areas. Locked gate, 4WD access at present. Cattle yards, hut, sheds, etc incl tractor, machinery. North of Boonoo Boonoo & Bald Rock Nat Parks. East escarpment, via Mt Lindsay H/way. Isolation +. \$110,000. Con-tact: T & C Colson, PO Box 684, STANTHORPE, Qld 4380.

**LAST OF FIVE**, 40 ha undulating, Clarence River lots, 200 m frontage, power, fenced, ph nearby, springs, mostly cleared, 34 km Tabulam, 2 km school bus. Some finance avail. No flood. \$61,000. Ph: 02-6628-2351.

**BUSH RETREAT**, Nambucca Valley, mid-north coast, 27 1/2 ac, timbered, crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

**SOUTHERN HIGHLANDS, TARAGO**, 100 ac escape nestled away between Bungendore and Goulburn, 2 1/2 hr easy drive from Sydney (55 mins Canberra). Plenty of water. Large Col-orbond shed. Kangaroos, wallabies, wombats and lots of birds. \$87,000. Ph: 02-9684-1773.



## PROPERTY FOR SALE NEW SOUTH WALES

**'LEAVE THE RAT RACE'**, 3 b/r lge country home 10 mins to Cowra. Totally renovated inside and out, town water, cheap rates, good investment, nothing to spend. \$66,000 ONO. More info ph: 02-4447-1411.

**ONE HUNDRED ACRE** hobby farm Knorrit Flat, absolute Manning River frontage. Wingham 30 mins by tar sealed rd, 10 mins to local village, primary school & shop, school bus at door, 2 b/r spacious cottage with Hot Drum woodheater, 20x10' garden shed, 40x20' machinery shed, 3 lge dams stocked with bass, yellow belly, etc. Fifty mandarin trees, 20+ mixed orchard trees incl: advocado, pecan, macadamias, peaches, plums, tropical apples, custard apple etc, lge fenced vegie garden area, property divided into 4 paddocks, undulating country 60% cleared, balance timbered, r/forest gullies, abundant birdlife, resident wallabies & koalas, excel views, private swimming hole, fishing, canoeing etc. Peaceful setting, ideal for health retreat venture or private relaxed lifestyle. Reluctant sale to wind up deceased estate - \$195,000 ONO. Ph owner: 02-6550-7611 after 7pm.

**TWO SECLUDED BUSH BLOCKS**, southern NSW, 46 ha f/hold, 86 ha leasehold, both river frontages. Offers around \$65,000. Ph: John, 015-287-629.

**NIMBIN** 15 mins, 2 ac, secure strata title, excel building sites, magnif views, walk to shop, craft centre, hall, public & Steiner schools close. \$22,900. Ph: 07-3800-8418.

**DELEGATE, ARID NSW**, 281 ac, all fenced 4 b/r house, granny flat, power, ph connected, many sheds, plus machinery, \$126,500. Ph: 02-6458-9224 after 5pm.

**TWEED VALLEY**, 11 ac block of company titled MO. Tall forest & r/forest, borders state forest, very quiet & private, abundant wildlife. Shed, tank. \$27,500. Ph: Steve, 015-597-096.

**HIGHWAY**, 2.9 ac set up for direct selling with freshly painted 6 b/r residence, paddocks for pets, sheds 58x46', 25x39' and 35x39'. Bathurst/Orange 20 mins, close to new mines, school bus at door, suitable hobby farm, kennels, light industry, nursery, trade/craft person. \$180,000. Ph, owner: 02-6368-7264.

**ORGANIC MOUNTAIN RETREAT**, 200 ac, frost free, perm crks, r/forest, heavily timbered, very private, lge 4 b/r 2 storey pole home, lge living area, kitchen, gas stove & fridge, comb HWS, gas, geni, solar & phone, lge shed & lge shade-house, sml c/van. Urgent sale, \$145,000. Ph, owners: 02-6550-5091.

**WINERY & FARMHOUSE**, 20 mins west Coffs Harbour on 5 ac. One km to school, shop, post office. Four b/r house, vegie garden, chooks, cow, 1 1/2 ac estab vineyard, fully equipped winery, vigneron off licence, bore, complete lifestyle. \$198,000. Ph: 02-6654-3312, or Graeme 02-6652-3633.

**THREE STOREY POLE FRAME HOME** with organic tropical fruit orchard set on 700 ac coastal community with Pacific Ocean, nat park and state forest on boundaries. \$50,000. Ph: 02-9399-6613, 04-1926-3139 or 02-6653-4642.

# GRASSIFIEDS

DEADLINES: GR 125 - DEC 20TH  
GR 126 - FEB 30TH

**UNPOLLUTED SECLUSION**, 108 ac, 40 mins Port Macquarie, perm crk, 2 dams, 2 dwellings, 5 horses, 40' windtower, state forest on 2 boundaries, isolated hideaway yet only 20 mins from beach. Bargain \$98,500 for quick sale. Ph: 02-4977-1332.

**BETWEEN NIMBIN & KYOGLE**, 114 ac, tall forest, long crk frontage, 15 mins to nat park, good soil. \$135,000 ONO. Ph: Yagia, 02-6689-1547.

**FAR NORTH COAST**, 35 km NW Lismore, beautiful solid spacious home, wide verandahs, elevated position, extensive views, 4 ac. Under-house garage & workshop. Organic gardens, f/trees, complete privacy, power, ph, cabin, u/cover c/van, secure strata development. School buses. \$159,000. Ph: 02-6633-7033.

**BUSH HIDEAWAY**: Far North Coast, 100 ac of timbered ridge country. Adjoins nat park, stands of millable timber, frost-free, great views, 30 km west of Kyogle, 5 km to one-teacher school. \$80,000. Enquiries ph: Richard, 02-6633-3159.

**NORTHERN RIVERS**, f/hold 27 ac, suit nature loving hobby farmer, perm rocky crk bndry, pockets r/forest, springs, lush feed, basalt, fresh air, wildlife, older style farmhouse, 2 b/r sleepout, all mod cons. Dog kennels, yards, loading ramp, outer sheds old & new, old dairy suit studio. Unlimited potential for horses, poultry, orchards, organics etc. Ample water, 22 km Kyogle. \$139,000. Ph: 02-6633-3117 after 6pm.

**BEGA VALLEY**, 80 ac mostly bush, perm crk frontage, huge waterhole, northerly aspect. National park on side & rear bndrys, very private, school bus route, 10 mins Wyndham, 40 mins to coast. \$40,000. Ph: 03-5158-7238.

**BODALLA, SOUTH COAST**, 3 ac highway frontage, 3 b/r house + approved extn plans, estab gardens, orchard, lge shed, garage, igloo. Close to bush, beach, school. Previously run organically as nursery & permaculture centre. Suitable for other businesses. \$165,000. Ph: 02-4474-3971.

**COSY COTTAGE** in rural village, lge block, 5 mins walk to all facilities incl school, bus, churches, clubs etc, suit young family, retirees or just a great escape. Four and a half hours SW Sydney, 1 1/2 hrs Wagga Wagga. \$30,000. Phone owner for further info: 02-6383-2311.

**ARMIDALE**, house for sale, in need of TLC. Large yard with lge studio. Good location. Asking \$98,000. For more info ph: 02-6771-2029.

**MAGIC HIDEAWAY**, in the Eden Hinterland on the far sth coast of NSW. Ultra private 120 ac block, all native forest, crk forms west bndry, other tiny crks also. Super soil, masses of wildlife, near nat parks, lakes, rivers, beaches. Would be easy to share with friends or rels. Other possibilities. \$96,000. Ph: 02-4782-4846.

To avoid disappointment ensure  
your ad meets our deadline

**COMFORTABLE THREE BEDROOM** home with study, 3 m wide verandahs, tranquil 2 ac block with magnif views, fruit & nut trees, vegie garden. Steiner/public schools close, 25 mins NW Lismore. Reluctant sale \$108,000. Ph: 02-6633-7066.

**SOUTHERN HIGHLANDS**, 1/3 ac, tranquil bush setting, 3 b/r b/v home, en suite, BIRs, clean, secure, woodfire, drive-through garage, lge patio, barbecue, cottage plants, 1 hr Sydney. \$115,000 ONO. Ph: 02-4889-8825.

**WOLLUMBI**, 100 ac, bush retreat, 2 hrs north Sydney. \$90,000 ONO. Ph: 02-9671-3073.

## QUEENSLAND

**CAPE YORK**, 43 ac, f/hold, open forest, power & ph avail. Good ground water, fenced 3 sides, school bus 900 m, 16 km from Cooktown fully serviced tropical coastal small town with reef and wilderness. \$74,000. Ph: 070-695-314.

**FOR WILDLIFE LOVERS ONLY** - large spacious 34 sq, 6 y/o 4 b/r home, nestled in mountains. Features 2 bathrooms, sewing room, huge laundry, computer room, office, lge kitchen with dishwasher, verandahs front & back. Total seclusion on 117 ac, 2 bores-heaps water, dozer, fencing. Mackay 25 mins. \$220,000. Ph: 079-541-002.

**ONE HUNDRED AND THIRTEEN ACRES**, 200 ft above sea level, panoramic views to ocean, surrounding mtns, seclusion yet 30 mins to Mackay city, 5 mins to beach, boat ramp. Barn, bore, dams, tractor. Send SAE to: PO Box 8532, MT PLEASANT 4740, for details.

**APPROXIMATELY EIGHT-ONE ACRES**, f/hold - Wieambilla Creek catchment area, 4 dams & connecting canals, approx 20 ac cleared, big timber, pines, gums, ironbark, fencing started, workshop plus tractor, 3 pl discplow, super spreader, slasher, diamond harrow set, carry-all, posthole digger, 10 pi jib, quantity RHS, C beams, purlins, corr roofing iron, trimdeck 17 ft, spouting, checker plate, wheels & axles, sawn timber-bush shack, 12V solar system, TV, radio, lights, power tools, gas stove, fridge, potbelly stove. Wildlife: roo, pig, emu, parrots, cockatoo, waterbirds etc, fish & yabbies. Light soil good grazing, TLC good vegetables, potential citrus, olives, grapes, peaches, figs, more info on contact. Approx 50 km SW Chinchilla. Micks, PO Box 614, CHINCHILLA 4413, Qld.

**INNISFALL/TULLY** - totally secluded 30 ac. Thirteen arable ac surrounded and protected by r/forest. Views of valley, gravity-feed water from perm springs for domestic & irrigation. Shed (182 m²) for workshop/living, septic, aircond office plus 2 implement sheds. \$155,000 or \$168,000 with plant. Ph: 077-216-423.

**ROSEDALE** - 40 ac of natural bush. Fenced at front, dam, railway carriage (live in whilst build), 2 seasonal crks, shed with power, quiet & private. Seven km from town, 60 km to major city. \$38,500. Ph: 071-298-336.

**FISHERMAN'S DREAM**, 2 ac of r/forest heaven, boat ramp, mudcrabs and backyard fishing. Three b/r brick home, marble floors & carpet, spa, landscaped gardens & f/trees. Mission Beach 8 mins. \$160,000. Ph: 070-688-894.

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**QUEENSLANDER**, 1 ac, 8 km Gin Gin. \$75,000 ONO. Contact: Lynette Dennis, 071-561-642.

**CABOOLTURE HINTERLAND** – Wamuran – the most beautiful position in SE Qld to live. Breathtaking views from Maleny to Bris across Moreton Bay. Unique quiet country setting. Half hour to beach, 40 mins Aspley. Twenty-two ac working banana farm, cottage house. \$250,000. Ph: 07-5496-6531.

**GYMPIE**, 10 km nth of town, 7 ac, perm crk, beautiful spring-fed dam, 20 x 30' Colorbond shed, fully livable. Brick home near completion. \$90,000. Ph: 02-6553-7705 after 6 pm.

**KURANDA** nth Qld – extremely quiet and private 3 b/r western red cedar house on 5 ac. Surrounded by native forest and lge rural allotments, 110 estab f/trees, irrigation, perm crk, solar power system runs: TV, computer, power tools etc with diesel generator back-up. Wildlife, birdlife and great swimming. \$159,000. Ph: 070-938-917 BH.

**FORTY-EIGHT ACRES** natural bush, undulating, boundaries cleared, c/van, power at block, bitumen frontage. Bundaberg 78 km, '1770'/Agnes Waters 60 km. \$28,000 ONO. Send SAE to: PO Box 8532, MT PLEASANT 4740, for details.

**RUSSELL ISLAND, MUST SELL**, bargain at \$3000, price reduced from previous advertisement. House block with a few trees. Ph: 02-6633-3169.

**GIN GIN**, 9 1/2 ha+ (approx 22 ac), good dam site, house site, ph, power at front. \$40,000. Ph: 079-578-367, 018-775-791.

**SOMETHING SPECIAL & PRIVATE** in far nth Qld. New specially designed 2 b/r 2 storey home with lockup garage, nestled in pristine & prehistoric r/forest, overlooking a crystal clear headwater crk with swimming pool & waterholes, ferns, cycads, wildlife in abundance. Truly a picture. \$385,000. Ph: 07-098-9168.

**PARADISE FOUND** – no expense spared to create this beautiful low maintenance home on 1ac in an ecological park just 5 mins from town. Fully insulated, polished floors, ceiling fans, woodstove, security system with lighting. Large shed doubles as guest house, 3 tanks, greenhouse, ponds, trees adorn the property creating a lovely serenity to spend your days. Wouldn't replace at \$118,000. Ph: 071-572-666 BH or 071-572-869 AH.

**ELEVEN ACRES**, scenic location, big house, shed, train, gas/elec/wood. Bore, mill, irrig garden. Dalby 1/2 hr tar rd. Rates \$140 p/a. Lots more. \$93,000, no offers. Ph: 07-4663-4255 before 7pm.

**NORTH QUEENSLAND ESCAPE**, 25 acres, wake to the sounds of the bush in an open plan 2 bedroom pole house made from local hardwoods, exposed beams, slate floored bathroom, large covered balcony overlooking native bushland in peaceful, private valley. Naturally landscaped, 2 dams, bore, small exotic fruit orchard, shed and tractor, 20 minutes from Ingham \$189,000. Unique opportunity Ph: 018-182-190.

### PLACING AN AD?

See page 79 for details

**FIFTY ACRES FULLY TREED MOUNTAIN** property, 1 hr city, 1/2 hr major shopping, 10 mins local town. Very private & secure hilltop position with beautiful views, lge 5 b/r home, lge kitchen & living areas, school bus at gate. Surrounded by state forest. Forced reluctant sale. Will sell outright or lease back for 6-12 mths, can carry some terms. Ph: 07-3425-1635.

**WIDE BAY**, 1.82 ha; chemical-free, water, incl seasonal crk, 1 y/o brick 3 b/r house, low maintenance, offers invited. Ph: 07-4126-8260.

**WIDE BAY AREA**, 622 ac. Grazing, mostly scrub soil, all selectively cleared, fenced, paddocks, pasture and cultivation. Creek, 2 bores, windmill, machinery shed, workshop, 9 y/o home well designed, cyclone rated, 3 b/r, fireplace, verandahs, views, 25 km town & saleyards. \$300,000 ONO. Ph, owner: 071-277-237.

**SPRING CREEK**, 22 ac, view, fertile soil, power, ph avail. Eight km Clifton, 45 mins Toowoomba. \$37,000 ONO. Ph: 07-4630-3468.

**LARGE RIVERSIDE BLOCK**, with perm use of extra land in friendly country town. Power connected to c/van, with town water avail. We could carry finance if needed on a sml deposit. Lots of extras & well below current market value. \$12,000. Ph evenings: Kev or Jan, 07-5492-5542 pm.

**GRANITE BELT**, 129 ac, high, scenic, sml dam, few ac cleared, balance pristine bush & rocky ridges, good soil, fenced, cool clear mtn climate, power to within 300 metres, 14 km Stanthorpe. Asking \$60,000. Ph: 076-966-447.

**EUKEY**, near Stanthorpe & Girraween Nat Park, 111 ac magnif bush setting with trees, birds, & kangaroos. Fully fenced, 2 dams, yards, selectively cleared, school bus, very tiny, very basic cottage with ph and wood stove, mail service & sealed rd frontage, great tourism potential in wine-growing & orchard district. \$120,000. Ph: 076-966-176.

**NATIVE FAUNA, FLORA CONSERVATION** with ecotourist potential, 1760 ac f/hold, 1 hr Toowoomba. Good percentage natural forest, grassland with wide range of trees, shrubs, grasses, supporting great range of macropods, birds, reptiles. Bushwalkers delight, sandstone cliffs, caves, crk bed waterholes, wetlands, forest glades. Presently easily run 'mini ranch', carry 150 head cattle, good yards, water, fencing. Comfortably modernised older style home with workshop, storeroom & shed. \$350,000. Ph: 076-926-291.

**BEACHMERE**, Qld, 5 ac close sea, 35 mins nth Brisbane, modern, 3 b/r, verandahs all round, spa, great kitchen, ph, septic, sheds, school bus, mail, bitumen rd, est trees bearing macadamias, avocados, citrus, tropical fruits, on irrigation – fed by dam. Ph: 07-5496-8938.

**BAUPLE, NORTH OF GYMPIE**, 2.75 ac (1.1020 ha), sml community with local school, PO, shop, 1/2 hr to 2 major towns & beaches, elevated house site cleared, large gum trees. Power avail \$23,000. Ph: Leanne, 071-292-380.

## VICTORIA

**HOBBY FARM ALEXANDRA**, 71 acres, 2 b/r cedar house, dams, 40' garage, elec/solar/gas, fenced, beautiful views, wildlife, suitable for grazing or agistment also for growing ginseng/garlic/lavender/native plants. \$115,000. Ph: 03-5772-2564.

**LOVELY MUD BRICK HOME**, indoor garden, 4 b/r, 1 1/2 ac volcanic soil, gardens, wind/solar power, water tanks, lge shed, windmill bore, peaceful. \$129,500. Ph: 03-5476-4332. Hepburn Springs district, Vic.

**ALEXANDRA, 'THISLDOO'** Cottage with character, w/board, 2 b/r, d/room etc. Large corner block, newly painted inside and out, replastered. Near to Eildon, fishing, water skiing. Snowfields 1 hr. Beautiful scenery, a relaxed lifestyle. A great weekend or 1st home. \$48,000. Ph: 03-5772-2564.

**NORTH-EAST VICTORIA**, Leneva, 20 ac, hilly farmland overlooking Indigo Valley, power, ph, fully fenced, 2 spring-fed dams, bore with electric pump, 600 gal p/h. Six new r/w tanks total 32,000 gal. Established 40 mixed trees orchard with underground irrigation. Airconditioned 3 b/r home with S/C/stove & central heating, 2 rooms in cellar, lge attic with solid floor, attached granny flat suit disabled, verandahs all around, lge 4 car c/port, 20' i/g pool, 6 person spa, all new equipment, lge cottage-style 2 storey cubbyhouse in estab garden. School bus at gate, 15 mins Wodonga, 1 1/2 hr major ski resorts. Reluctant sale, ill health. \$140,000 ONO. Private sale. Ph: 02-6026-9282, or 02-6028-9341.

**TALBOT**, 27 ac, vacant treed & scrub land, shed, dam, town water, power, ph nearby, fully fenced, wildlife, building encouraged. \$35,000. Ph: 03-9758-4024.

**PATCHEWOLLOCK, SMALL SHOP**, converted to residence, inside conveniences, wood heater, gas stove & HW, lounge, kitchen, 2 b/r in shop area, big lawned fenced yard, big shady trees, 20x18' garage, wood and tool sheds, mains water r/water tanks, new roof, rewired, back and front entrance, painted inside and out, ideal weekend or 1st home. Private sale. \$16,000. Ph: 03-5492-2922, BIRCHIP.

**YARRA VALLEY (DIXONS CREEK)**, 42 ac conservation zoned forest, 22 sq bluestone studio house, alternative powered, 60 km Melbourne. Superb location and wildlife. \$195,000. Ph: 018-036-164 or, 03-9878-2865.

**AFFORDABLE VALUE**, 3 b/r home with new extension providing 2 living areas, lge nth facing deck, BIRs, solid fuel heating, dble carport & 1/2 ac gardens, bore and tank water. Steiner/public schools close, 10 mins from Mansfield. \$85,000. Ph: 03-5779-1700.

**FOSTER, SOUTH GIPPSLAND**. Two undeveloped adjoining blocks, approx 7 km from town, 6577 and 6585 m<sup>2</sup> respectively. Will sell together or separately. Best offer. Ph: 03-9890-4335 AH.

**Make Your editor smile –  
Punctuate when writing ads for  
Grass Roots Grassifieds**

# GRASSIFIEDS

## PROPERTY FOR SALE VICTORIA

**BALLARAT AREA:** Lal Lal, 43 ac, 2 titles. Quiet, pleasant views, undulating land suitable for permaculture. Dams, shed, tank, yards. Five mins shop/servo. School, pub, bus stop. Ballarat 20 mins, 45 mins Geelong, 110 km Melbourne. \$78,500. Ph: 03-5341-7643.

**HOUSEBOAT,** alternative living, see 'Miscellaneous'.

**TARNAGULLA,** 2 hr Melb, 6 ac in forest, no neighbours possible, new 28 sq house, sheds, tanks, dam, 240V solar power, total seclusion yet 6 km all services, suit quality family life, retirement w/ender. Private sale \$124,000. Ph: 03-5438-7284.

**HEPBURN SPRINGS AREA,** special Victorian cottage with 5 acres of rich soil, views and ideal for self-suff lifestyle. Features include 2 open f/places and original oven, f/trees & pure Mt Franklin water, excel tourist potential. POA, inspections warmly invited. Ph: 03-9380-4460 AH, or 019-385-211 BH.

**FIVE ACRES,** secluded undulating bushland plenty of wildlife, near Enfield State Forest, 1 b/r w/b cottage with verandahs, tank water, pot-belly, solar power lighting, gas fridge, ph, gazebo, large w/shop, generator, dam. \$53,000 ONO. Ph: 03-5346-1527, or write: RSD 2676, DEREEL 3352.

**SOUTH GIPPSLAND - YANAKIE.** Your own beach with no people + Wilson's Promontory National Park side bndry. Pedestrian access, a very rare 2 1/2 ac paddock block, sandy loam with water close to the surface, SEC supplied. \$62,500. Ph: 03-560-7689.

**GLENROWAN,** 3 b/r b/v home on 26 ac of bushland setting with panoramic alpine views. Wood heater & open fire, abund wildlife, 1 km from shops & school 2 1/2 hr on freeway from Melb. \$245,000. Also 5, 7, & 18.5 ac blocks of bushland available, \$70,000, \$75,000 & \$85,000 respectively. Ph: 03-5766-2455.

**TYRENDARRA,** between Portland & Port Fairy, 30 ac bush between state forest & farmland, abundant wildlife, flora, wetlands, 2 b/r mud-brick house + independent living 2 room bungalow, 18,000 gal r/water, bore water, dam, good generator power system (underground), good fishing 4 km at Fitzroy River Crossing. \$120,000. Ph: 03-2955-0618 or, mobile 015-053-418.

**AIREYS INLET, FOUR BEDROOM HOME,** close beach, cliff walks, lge reception room, laundry, bathroom ground floor; b/rms, 2 en suites 2nd floor; top floor lge room with adjoining kitchen, Heat Charm stove, sundeck. Established f/trees, vegie garden, kiwi vines, double garage, work bench. Price \$185,000. Ph: 03-5289-6450.

**PICTURESQUE,** peaceful, private 165 acres grazing property Orbest area, 2 km Brodribb River frontage, adjoins state forest, river flats, hill, minor bush, r/forest gullies, birdlife abundant, 25 sq modern brick home incl self-cont flat, usual farm improvements, secluded yet has town water, irrigation licence. This property is heaven. \$420,000 ONO. Ph: 03-5154-1306.

DEADLINES: GR 125 - DEC 20TH  
GR 126 - FEB 30TH

**BRIGHT, AIRY, COMFORTABLE,** 2 b/r w/b home in Dandenong Ranges foothills. North facing sunroom, lots of wood, glass, ducted heating, 1/2 ac, fruits, berries, vegies, large mature trees, water feature, sheds, close to shops, schools, TAFE, university. \$116,500. Ph: 03-9736-2024, or 0417-519-579.

**TAWONGA SOUTH,** facing Mt Bogong. Land with water, fences, 3 km to Mt Beauty township, schools, hospital etc, ideal retirement or holidays. \$16,000. Ph: 03-5754-1338.

## TASMANIA

**EAGLEHAWK NECK AREA,** partly cleared bush block of 60 ac on historic Tasman Peninsula. Close to fine beaches & deep sea fishing. Land can be subdivided. Has 490 yds main rd frontage, overlooking Eaglehawk Neck Bay. Includes lge dam and shed. \$129,500 ONO. Please contact owner on: 03-6243-7763. <http://www.employlink.com.au/private/lmitchell.h.tml>

**MATHINNA,** quiet country village in NE Tasmania. Three b/r renovated home with mtn views all around, on 1/4 ac, with estab gardens. Reluctant sale. \$30,000 ONO. Ph: 03-6377-1204.

**KING ISLAND: CURRIE** a sml country town with everything, fishing, quiet beaches etc. This 3 b/r home is in walking distance to all this and more for \$70,000 +. Phone Alan before 4 pm on: 03-5996-8555.

**SOUTH RIANA,** 3 b/r brick home, 5 ac of good land, electric fencing, lge shed, double garage, rumpus. Ph: 03-6437-6308.

**SELF-SUFFICIENCY POSSIBLE,** 42 ac of tranquil nth facing bush & pasture, abund gravity water, year round micro hydro electric possible. Good home sites with super views, tremendous potential, located in north central Tasmania, a gift at \$45,000. Please write to: PO Box 2046, LAUNCESTON 7250.

**CRADLE MOUNTAIN** area, 100 ac unique, rare f/hold r/forest/snowgum woodland, Alpine grassland, 800 m, brilliant views, gorge, wildlife, crks, waterfalls, ph, power, excel ecotourism potential, sealed access. Devonport 1 hr. Regretted sale, \$72,000 ONO. Ph: Rory, 03-9379-0724, 03-6328-1382, or 041-235-4375.

**NORTHERN TASMANIA** - 25 easy mins from Launceston. French intensive organic market garden. Specialising in mesclun salad, culinary herbs and speciality vegetables. Set in microclimate with perfect aspect close to blue chip markets. Excellent cash flow and low overheads. A clean, stress-free and healthy family business. Two storey, 30 sq, 4 b/r stone, cedar, post and beam residence, lots of glass and heavy timbers, warm and sunny with stunning views. Pack shed, tool shed, game-proof fencing in an area of outstanding natural beauty, 20 ac native forest and windbreaks, abundant bird and frog life. \$285,000 WIWO. Ph: 03-6397-3470.

**MOUNT FIELD,** 66 ac, 2 cottages, lge area for garden, dam, irrigation, w/shop & sheds, frontage Tyenna River, incl whitegoods & furnishings. Ph: 03-6288-1198.

**UPPER ESK,** 1 hr east of Launceston, 3 b/r timber house on 3 1/2 ac, surrounded by 2 lge bush properties in a picturesque position with panoramic views. Permanent water supply, fertile soil and estab orchard, secluded but not isolated. Reluctant sale, \$49,000 ONO. Ph: owners, 03-6377-1157.

**CARLTON BEACH,** 20 km south of Sorell, 46 km sth of Hobart, building block 36.58x18.29m. Gently sloping, several nice gum trees, sealed rd, power, water runs past, few minutes from excel surf beach. Photos avail, \$17,000. Contact owner: 03-6424-3445, or Email: Dawnted-nib@southcom.com.au

**GLENGARRY,** 6 ha of land (uncleared), 30 mins from Launceston, 2 waterholes, small shed, BBQ, mtn views, septic tank approval, country lifestyle. \$36,000. Ph: Tess, 03-6331-9380, or 03-6431-1175.

**EAST COAST TASMANIA,** large excel home & 2 bungalows, all with bathrooms & toilets on extra lge allotment, sunny position, near bush, spring water, magnif views, school bus, 5 mins to St Marys: supermarkets, hospital, high school & matric. Beach 20 mins, 40 f/trees, 600 strawberry plants, lots of berries, est organic garden & shrubs, covered c/port & courtyard, quiet area. Plenty storage, lge bread-oven, cheap rates. \$49,000. Ph: 03-6372-2595 Sunday-Friday.

**GOLDEN VALLEY,** 45 mins drive from Devonport or Launceston, 64 ac of virgin forest, NE aspect with spring water. Octagonal, shingle roofed, mud brick cottage, ph, sealed rd to front gate, own hydropower, reluctant sale at \$85,500. Ph: 03-6369-5140 or 07-5482-7951.

## WESTERN AUSTRALIA

**BROOKTON,** deceased estate, livable 2 b/r cottage on 1/2 ac (2 titles), needs someone who isn't afraid to work for a home. Close to all amenities \$20,000. Ph: 08-9642-1378.

## COMMUNITIES/SHARES

**AGRICULTURAL COMMUNITY.** Motivated adults send SAE to: PO Box 908, GYMPIE 4570.

**HOME TO SHARE,** Apple Tree Crk, 5 km from National Trust town Childers, Qld. One ac permaculture on crk. Couple \$75, single \$55. Ph: Vicki 07-4126-2096, or leave message before 11 am.

**NAMBUCCA HEADS** half an hour, affordable land, 1200 ac. Backs onto state forest, 1/2 share in mostly native forest, 20 acres creek flats, 2 acre relatively level house site, cabin, phone, 4000 gal r/w/tanks, dam, fruit trees, all year creek, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

*Please print your ad clearly  
so we can do likewise*

# GRASSIFIEDS

## COMMUNITIES

**NIMBIN** 5 km, rock house on 2 ac share. \$52,000. Ph: 066-891-014.

**WE OFFER SELF-SUFFICIENT PEOPLE** to park their van or bus on our property west of Mittagong, NSW, river location, to build sml community, in return for some help. Ph: Brian, 048-889-239.

**NORTH COAST, COFFS HARBOUR**, Hinterland, Absolutely beautiful, five ac share. Ph: 02-6649-2288.

**SINGLE PERSON OR COUPLE** wanted to share on north Tasmanian property. Share house or cabin negotiable. Ph: 03-6368-1475.

## BUSINESSES FOR SALE

**ORGANIC FRUIT & VEGETABLE SHOP.** Situated in Cairns, tropical nth Qld 'Real Foods' is the only organic fruit & veggie shop in nth Qld and has been operating for the past 5 yrs in its current location. This is not just a business opportunity but a lifestyle & a chance to become involved in the ever increasing organic movement. The shop has 1½ yrs left on the current lease with an option of another 3 yrs at very reasonable rent. Priced at \$55,000 for plant, equipment & goodwill, + stock which is estimated at approx \$10,000. Call Majella on 070-321-791 or, 070-938-094 AH.

## PROPERTY WANTED

**COUNTRY SADDLER** & son require house & land up to 60 ac. Interested in Snowy area, will consider all areas except the coast. Vendor finance if possible, can pay \$1000 p/mth. Payment guaranteed. Inheritance due in 3 yrs, we are genuine country folk. Ph: John, 02-6259-9115.

**ACREAGE** between Mackay & Mossman, heavily forested, water, cash buyers, wanting to be self-sufficient. Ph: 077-804-857.

## WANTED TO RENT/CARETAKE

**BYRON SHIRE** - family required for rent or house sitting, home with acres in Ballina/Lismore/Brunswick area. Currently Sydney home owners, would like to try a year in the country before making the big move. Ph: John, 02-9551-9481.

**MULLUMBIMBY AREA:** self-employed, family of 5 seeks possible long-term rental. We'll take good care of your place. Ph: Brian & Linda, 02-6689-7361.

**SURFCOAST, VICTORIA.** Responsible, hard-working woman (permaculturally inclined horticulture student/gardener) with 5 y/o son, seeking affordable accom in exchange work/share/other offers. Prefer rural, within coo-ee Bellbrae Primary. References avail. Please write: Janni Summer, 3/109 Fyffe St, THORNBURY 3071.

## PLACING AN AD?

See page 79 for details

**HOUSESITTERS AVAILABLE.** Experienced young family with refs seek housesitting, caretaking position anywhere in Tasmania from Jan '98. Ph: Peter, 02-4998-3342, or 02-4998-3295 after Nov 25th.

**GIN GIN**, couple with 2 children want to rent cheaply house/shed anything near GIN GIN, Qld, while awaiting council approval to build on land. From Dec, 27, 1997. Ph: 02-4972-5574.

**ROSEBANK/BANGALOW** etc. House/accom needed for 1998 for student. Refs avail. Ph: Angie, 03-5429-5882.

**COUPLE**, late 40s, seek c/van park/property to caretake either WA or Qld. Handyman/clerical skills. Ph: 08-9409-1347.

**AFFORDABLE** house to rent/caretake, Murwillumbah area. Ph: 04-1424-6362. Will return call.

**CARETAKER/CLEANER** couple preferred, beautiful organic property by the ocean, Tasmania, east coast, includes holiday accom. Please apply by ph first. Ph: 03-6375-1312.

**CAMPERVAN** site on small dwelling on private acreage for mature woman travelling to seek permanent accom. Chemical & smoke-free, moist areas of SE Qld/NE NSW. 'The Wanderer' (GR124), C/- PO Box 242, EUROA 3666.

## FOR RENT

**WRITER'S RETREAT?** Summer getaway? Refresh & renew? Quiet, mtn views, good 'no through' rd, spring water, plenty birds, wallabies, scrub turkeys, northern NSW. \$120 p/w, furnished. Ph: 02-6672-4528 BH.

**TWO/THREE BEDROOM** house for rent as part of permaculture co-op. Gardeners preferred. Write to: The Secretary, Unit 6, 178 Melton Rd, Sth MUDGE 2850. Ph: 02-6372-1132.

**TO SINGLE PERSON**, n/s, s/d. Nambucca Valley, sml cabin, en suite, quiet, near farmhouse, 10 km to towns & beach. Must like animals. Some caretaking, rent reduction. \$60 p/w incl elec. Ph: 02-6568-2093.

## EXCHANGE

**COUPLE** wanting to swap/exchange Hobart for Sunshine Coast, 2 weeks after Christmas. Ph/fax: 03-6229-3878.

**SEE NORTHERN RIVERS NSW** under 'property for sale'. Exchange similar value and/or cash difference Tasmania-Huonville area. Contact: T&C Colson, PO Box 684, STANTHORPE, Qld 4380.

**LARGE MODERN HOME** ½ ac near Brisbane 20 sq brick 8 y/o, tranquil setting, a/cond. Wanted land over 20 ac, good soil, perm water, with or without house. Ph: 07-3201-0865.

**WILLING WORKER**, wanted, sml organic property, exchange board & accom. Christian preferred. Ph: Pam, 03-6491-2408, write: PO Box 212, SHEFFIELD, Tas 7306.

## WANTED

**MINERALS/FOSSILS**, semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples include quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

**PRIMARY SCHOOL TEACHER FOR 1998.** The Mornington Peninsula Steiner Education Group Inc is seeking an enthusiastic teacher for next year. We wish to develop from our current Kindergarten & Class 3 to cover Kindergarten/Prep, Class 1 & 2 and Class 3 & 4 in 1998. The school is situated in a beautiful semi-rural coastal environment at Rye. If you are considering country living, clean air and a relaxed lifestyle and are interested in helping our small school grow on the peninsula please contact: Elizabeth Newburch on, 03-5985-6796.

## HANDCRAFTS

**WAX SUPPLIES** for all crafts, candle, beeswax, sealing, sculpturing, colour dyes, wick. Ring or write: Handful Wax, PO Box 87, LAKE MUNMORAH 2259. Ph: 02-4358-1224.

**OUTRAGEOUS CLOTHING**, we sell recycled 20s-90s clothing, also clothes from recycled fabric and trimmings, to please those who like something different. Waistcoats, skirts, jackets, jumpers, hats and children's wear. Call us at 03-5348-4163 or 041-202-6961 for appointment, or write to: 55 Duke St, DAYLESFORD 3460, Victoria.

**ABORIGINAL DOLL KITS**, include head (moving eyes, stitched hair), arms, legs, unstuffed soft body, assembly instructions, also Aboriginal story & name, doll parts all vinyl, doll size 56 cm. \$40 incl postage. Karda Products, 22 Regatta Dve, EDGEWATER WA 6027. Ph: 08-9405-1292, fax: 08-9306-4596.

**THREAD BUNDLES**, \*\* Clearance Sale \*\* Stranded cotton in bundles of 100 x 8 skeins in 50 assorted colours. Shades matched to DMC. \$20 post free. The Big Bundle of stranded cotton 240 colours \$50 post free. Weaving reeds from 80c inch avail, 8, 10, 12, 15 dents + post. (Send 45c stamp for free price list.) B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-8277-3763. Fax: 08-8276-2186.

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting and more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 03-5286-8224.

**BEADS! BEADS! BEADS!** Unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Cost \$8 for samples, colour copy & info. Write to: Tsunami, PO Box 29, MARGARET RIVER 6285.

## HANDCRAFTS

**HAVING DIFFICULTIES OBTAINING** small gauge brass screws, hinges, catches, and associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g, etc from 1/4" long to 1". Also various woodworking tools, glues and abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off 1st order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 03-5152-1001. Fax: 03-5152-1001.

## FOOD AND KITCHEN

**FOR SALE:** Retsel 'Mill-Rite' stone flour mill (motorised) \$150. Ph: 03 9439 7454.

**BEE POLLEN**, no additives, 450 g sample pack \$9. 1.9 kg pack \$32.50, 4.3 kg pack \$65, 14 kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE, SA 5253.

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DAN-DENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

## HEALTH & BEAUTY

**ORGANICALLY GROWN** Traditional Herbal Remedies for everyday conditions: arthritis, psoriasis etc. For catalogue please send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA 2546.

**HANDMADE PURE VEGETABLE OIL SOAPS.** For a product brochure send SAE to: Bushcraft Soaps, Lot 3, Counter Rd, MS 591, GYMPIE 4570.

**HERBAL & HEALTH SUPPLIES:** send SAE for complete catalogue to Synchronized Directions, PO Box 4075, MCKINNON 3204. (Includes anti-parasite programme, English & Aust flower remedies, essential oils, teas, books, etc.)

**COMPLETELY NATURAL SOAP'N'STUFF** – for complete catalogue send 2x45c stamps to: Aylwen Garden, PO Box 42, YARRALUMLA ACT 2600.

**MAGNETIC FIELD THERAPY**, medical magnets for temporary relief of arthritis, sports injuries, headaches, neck, shoulder, feet, legs and back problems. Ph: 02-9587-2920 AH.

**HERBAL DIETARY SUPPLEMENTS** avail by post at discount rates – all Australian made. Send SAE to: Brian O'Riley, PO Box 1351, MURRAY BRIDGE SA 5253, or ph: 08-8531-1411 for info brochures.

**EXOTIC HERBS CO.** exclusive agent for USA's Botanical Preservation Corps, excellent ethnobotanical herbal preparations incl: the best immunotonic extract in the world, mildly euphoric nicotine-free smoking blend, potent sedative herb blends & extracts, Indian, Brazilian & Siberian ginsengs, cerebrotics & more. For mail order product notes & price list please send SAE to: Exotic Herbs Co, PO Box 648, GORDONVALE, 4865.

# GRASSIFIEDS

DEADLINES: GR 125 – DEC 20TH

GR 126 – FEB 30TH

## MISCELLANEOUS

**DOUBLE DECKER BUS/motor home.** Fully decked out, ready to travel anywhere. \$22,000 ONO. Ph: 07-5534-4978.

**SOLAR POWER SYSTEM** with wind generator 240V inverter, plus solar tracker, batteries. \$6490 ONO. Mundijong, 08-9526-2295.

**ECHUCA ON MURRAY RIVER, HOUSEBOAT** (52'x19') 6+ berth, sep main b/r, lge kitchen, lounge, sun deck, sep toilet & shower. Generator, gas stove, fridge, HWS, lots of cupboards, everything you need for a quiet lifestyle. \$49,900 ONO. Ph Ken: 019-427-416, or 03-5433-3537.

**LEAF GUTTER TRAP.** Easy to install debris diverter. Keeps gutters clean and downpipes clear. Primary diverter for rainwater tanks. Manufactured in Zinalume or Colorbond and fitted with all types of downpipes. Price \$32 to \$42.50 + p&p. Free colour brochure: PO Box 941, SALE 3850. Ph/fax: 03-5144-4217. Or Email: <http://www.home.aone.net.au/leafguttertrap>

**FOR SALE**, portable shale brick press/323 engine. Produces Besser block compatibles with cavities. Hydro tested 8KPG, council approved, 2 storey & also mixer & gear. \$5500. Ideal for commercial production (120+ bricks p/h). NE Tasmania Ph: 03-6352-3113.

**THANK YOU.** I would like to thank all GR readers who participated in my 'relationship to nature' research project by returning the mailed questionnaires. Your comments regarding the project were most appreciated. Apologies for not replying to all letters. I hope to present a summary of my research findings in a GR issue in the New Year. Thank you again to those who participated for your, time, energy and useful comments. Skye Keller.

**'GRASS ROOTS'** Nos 78 - 117. \$70 + postage or \$2 ea. Ph: 03-9807-4160.

**SPINNER WANTED: MELBOURNE:** someone to card & spin newly shorn wool from my 4 coloured sheep. I will deliver & pick up wool. Ph: 03-9754-6268.

**IRRIGATION PIPES** 1 1/4" & 1 1/2, couplings, sprays. \$400 the lot. Suit sm grower. Ph: 070-534-304.

**THE BIODEGRADABLE** shopping alternative. 'Give plastic the boot – shop with jute'. Wholesale supply of: string bags, calico bags, jute carry bags, 41 x 40 cm with 8 cm handle, 59 x 49 cm with 8 cm handle. Contact: Ellen Murdoch for price at: Our Wider World Distributors, ph: 02-6843-1803, fax: 02-6843-1519.

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**TIPS.** 10'x22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bôjo Products, BENALLA. Ph: 03-5763-2474, mobile: 015-048-196. Tipi hire avail.

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## COURSES

**PERMACULTURE DESIGN COURSE.** Newcastle & Hunter Valley. Jan 5th - 18th 1998. Ph: The Habitat in Harmony for details: 02-4947-0031.

**YOGA VEDANTA.** Learn by correspondence at home. Improve your health & spiritual life. Write to: Arya Bhakta School of Yoga, PO Box 283, Wanneroo 6065.

**MUD BRICK BUILDING**, great w/end workshops, practical & theoretical experience, meals provided. \$150. Brian Woodward, Wollombi 2325. Ph: 049-983-284.

**WORKSHOP WITH JUDE FANTON** of the Seed Savers Network hosted by Permaculture Dromana, Mornington Peninsula, Nov 8th & 9th. Workshop will incl: growing home grown food from home grown seeds. Saving our seed heritage. Creating seed banks and seed exchange, plus lots more. For more info: Geoff Selby 03-5988-6763 or email [JSelby@pac.com.au](mailto:JSelby@pac.com.au)

**PERMACULTURE COURSES** for the SE of Aust. Design course 30th Nov to 12th Dec. W/end Course - 17th + 18th Jan. Bega Valley. Enq welcome. Hugh Gravestine 02-6494-2014.

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**DOWSING - STUDY & EXPERIMENT** with dowsing, radiesthesia & radionics at home! A course in radiational techniques for health and agriculture, incl DIY equipment plans. Free detailed brochure. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL Qld 4217, Australia. Ph/fax: 07-5539-9633.

**NEWCASTLE AND HUNTER VALLEY.** Permaculture courses based around interactive and practical learning techniques. Property consultation and design services also available. For information: Andrew Murdoch 049-504-134, 23 Peppertree Ct, TORONTO 2283.

**HUNTER VALLEY, PERMACULTURE,** organic growing, sml group, practical learning at demonstration farm. Trevellyn Centre. For info: 049-389-528. PO Box 22, PATERSON 2421.

**CORRESPONDENCE STUDIES.** Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 business hours only.

**LEARN AROMATHERAPY AND NUTRITION** through home study at a realistic price. 'The Art Of Aromatherapy' teaches you how to blend and use essential oils therapeutically to benefit your family and pets. 'The Natural Nutrition Course' shows you how common sense eating can combat and prevent illness without getting on the 'diet treadmill'. Free detailed brochures. Distance Learning by Design, 22c/100 Bundall Rd, BUNDALL, Qld 4217. Ph/fax: 07-5539-9633.

**HERBAL MEDICINE.** The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

## GARDEN AND ORCHARD

**BAMBOO PLANTS,** lge range, best prices. Ph: 071-294-470. Fax: 071-290-130.

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**WORMS FOR GARDEN,** compost, waste management. Large or small quantities. Warwick Worms, Qld. Ph: 015-690-905.

# GRASSIFIEDS

## PLACING AN AD?

See page 79 for details

**COFFEE ARABICA SEEDS,** with growing, harvesting, processing info \$6. Sept - Jan only. C Westwood, PO Box 377, MURWILLUMBAH 2484. Ph: 02-6672-5834.

**TAGASASTE** - Tree of many uses. SAE for 100 seeds, 4 x 45c stamps. Aintrees, 56 Ferris Rd, STRATHMERTON 3641.

**'BEST OF MATES'.** Discover the joys of gardening, including herbs and their companions, growing your own fruit and vegies, and much more with this illustrated A4 guide. Value at only \$14.95, includes p&p. Gremlin Graphics, PO Box 1192, OXLEY 4075. Ph/fax: 07-3379-3353.

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**PERENNIAL PLANTS** especially for the East Coast, trialed for humidity and hard frost. Elegant flowers, splendid foliage plants, non-invasive grasses and some unusual edibles and herbs. Send 2x45c stamps for descriptive mail order catalogue to: Ecoeast Perennials, PO Box 323, WAUCHOPE, NSW 2446.

**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

**TOBACCO SEEDS** selected from quality, best flavoured plants. Organically grown. Seeds and instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568. (MS 626).

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of The Curator lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**RAINFOREST SEED COLLECTORS** national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed - free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 051-579-404.

**TOBACCO SEED.** Organically grown (Virginian), cultivation and curing notes included. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

**COMPREHENSIVE CATALOGUE** Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMBORINE 2340.

**ORGANIC SEED CATALOGUE.** Send SAE to: PO Box 908, GYMPIE 4570.

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**HOLIDAYS IN NORTHERN TASMANIA.** Rent an organic farm for a few days or a week. Fully equipped (incl all linen), modern 3 b/r solar house on 5 ac. Pick your own produce (raspberries, asparagus etc), collect eggs and milk the cow. Close to beaches, nat pks, bikes & canoes avail. Bookings: Heron on Earth. Ph: 03-6428-6144. E-mail heron @ southcom.com.au Also: <http://www.southcom.com.au/~heron>

**HEALTHY WEEKENDS** for couples. Gympie. Ph: 07-5483-6736.

**LAMINGTON GLEN** - rainforest retreat, secluded cabin. Everything supplied except food. Ph: 075-544-8166.

**HAVE A GREAT HOLIDAY** in a conservation area for the whole family! Close to the beach (Pambula, Merimbula). Excellent rates. Plenty of wildlife. Women & children welcome. Ph: 064-942-175.

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**HOUSE/DOGSITTER** required for Xmas holidays; secluded 2 b/r bush house with swimming pool in central Qld. Fossicking for gems, wildlife. \$180 p/w. Ph: 07-4985-4462.

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**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

**INTERNATIONAL PENFRIENDS** has over 300,000 members worldwide aged from 8 - 80 years. Members receive an individual list of pen-friends matched according to age group, hobbies & interests. Club newsletter & penfriend starter kit are also avail. For details please send SAE to: International Penfriends, PO Box 1016, EAST CAMBERWELL, Vic 3126.

**AFFILIATED DONKEY SOCIETIES** Of Australia. For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

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## SERVICES OFFERED

**ALTERNATIVE MEDICINE** treatment by correspondence. Homoeopathy, naturopathy, nutrition, reiki, metamorphosis (postnatal therapy), counselling. Gloria Warren - Reiki Master, Spiritual Healer, Certified homoeopath, Lecturer. Reasonable rates. Ph: 079-791-828. 19 Pike Cres, GLADSTONE 4680.

**A NEW RELATIONSHIP?** Before you settle again make sure you get the basics right this time. You may not be compatible or be quite complementary to each other. There are ways of finding out beforehand. We specialise in remote personality assessments on a professional level. Our reports deliver 70 important traits. Confidentiality guaranteed. Price list/order form from: Certus, PO Box 158, YUNGABURRA 4872. Ph: 070-953-832.

**PRIMAL THERAPY.** The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow Street, GOLDEN SQUARE, Victoria 3555. Ph: 03-5441-3683.

**MUDBRICK (EARTH WALL) TESTING** - certainly for council. Effluent Disposal design (AS1547) for domestic premises. Soil testing. Hackett Laboratory Services, 4/8 Bellbowrie St, PORT MACQUARIE 2444. Ph: 065-832-635. Fax: 065-837-453.

**HOME PLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone, pole frame and timber construction. Mail \$62 (postage incl) for The Earth Builders Plan Catalogue, to: John Barton, Building Design, 31 Sharp Street, NEW-TOWN, Geelong 3220, or ph: 03-5222-4249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard, cheques accepted.

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DEADLINES: GR 125 - DEC 20TH  
GR 126 - FEB 30TH

## OPPORTUNITIES

**NEED MONEY?** Perfect opportunity for those interested in self-suff. Takes only a few hrs each week working from home, leaving you plenty of time to enjoy your chosen lifestyle while ensuring your financial security. Simple and legal. For free info send SAE to: SHM (GR 124), PO Box 728, JOONDALUP 6919.

**FREE ACCOMMODATION** on beautiful country property in exchange for help with gardening (9 hrs per week). Make your home here if it suits and we can work together to achieve a more self-suff lifestyle. We are vegetarians, don't drink or smoke. Wayne & Milu, PO Box 235, GIN GIN 4671. Ph: 07-4157-2736.

**OUTRIGGER FISHING CANOES FOR \$100?** U-Build, U-Sell. It's fun, fish, fitness & profit. Amazing new designs, fishing, sailing methods. Brochures, fishing safaris, workshop info. Send 4 stamps to: CanoeWorld, Sandy Beach, RUSSELL ISLAND 4184.

**MAKE MONEY WORKING FROM HOME!** Part time business with low cost start. For free info phone: 02-6649-1271, or write: Murray Secomb, 114/104 - 134 Eggins Drv, ARRAWARRA 2456.

**WE OFFER SELF-SUFFICIENT** people to park their van or bus on property west of Mittagong NSW, river location, to build community. In return give us some help. Brian: 048-889-239.

**BUSINESS OPPORTUNITIES.** Home business ideas wanted? Look at this, 177 Business and financial reports on computer disk. Copy and market this disk for up to \$49 each. Rush \$10 to cover p&h and License to Reprint, to: G Morton, Bates Rd, KIN KIN 4571.

**POSITIONS VACANT.** Management position. Organic fruit/veg & meat shop in Rozelle/Sydney. Couple/2 people required, interested in the environment, food & be energetic. Large upstairs unit from Jan 1998. \$700 weekly package/or purchase 35% of business \$35,000. Enqs to: John Sergeant, 02-9810-3263.

## CALENDAR EVENTS

**MOORA MOORA FESTIVAL,** Saturday 28th March 1998. The theme is community living - market, buskers, workshops etc. Ph: 03-5962-5878 or 03-5962-4104.

**MIND BODY SPIRIT FESTIVAL** to be held at the Melbourne Exhibition Centre 5th - 8th June 1998. An event exhibiting organisations that focus on holistic health & wellbeing. Ph: 03-9819-0211.

**FOLK, RHYTHM & LIFE,** Sat 6th & Sun 7th December, Eldorado, Victoria. \$30 Adult, \$20 secondary students, \$70 family (2 adults any no of kids), under 12 free. Bands, food & market stalls, enviro expo, art expo, performance artists/poetry, children's workshop & heaps more. Ph: 03-9482-6616, Lisa or Claudine.

**CREATING HOME THROUGH STRAWBALE & Natural Building Workshop.** Join USA instructor for a Natural Building Workshop. Enhance the process of home design and building. Bring fun, art, creativity, health & life into your home. Explore, design, orientation and passive solar, earth friendly structures, site evaluation, geomancy, energy flow patterns, nontoxic building materials, & our relationship to the home & the natural environment. Dates: Victoria - Beechworth, 27 Jan - 1 Feb. NSW - Blue Mounthains, 3 - 8 Feb. Nth NSW - The Permaculture Institute - Tyalgum, 17 - 22 Feb 1998. Tuesday evening of each Workshop - Lecture - open to the public, cost \$8. Cost: \$585 or \$1120/couple. Early reg \$550 b/f 10/12/97. (Late reg applies after 12/1/98.) Includes: Workshop, 3 meals per day, camping. Lodging is available. Contact: Liv'n Mud, 03-9383-4117, 23 Dunstan Ave, BRUNSWICK, Vic 3057.

**NEW GIPPSLAND SEEDS & BULBS,** open days and display garden 1998. 21 Feb - 1 March. Free admission. 100 varieties of tomatoes, tomato taste test, sunflowers, giant vegetable varieties. Contact: 03-9737-9560. Queens Rd, SILVAN Vic 3795.

**CRYSTAL WATERS PERMACULTURE Village,** 'the motivating edge' conducts 1/2 day permaculture & community tours on the 1st and 3rd Saturday of every month. Contact James on: 07-5494-4721 for info, or write to: The motivating edge', Crystal Waters, MS 16, MALENY 4552. Booking is essential.

## PUBLICATIONS

**'CHOOKWISE:** A Self Sufficiency Guide to the Management of the Domestic Hen', by Linda Marold. A simple straightforward guide to chook care for beginners. Covers feeding, housing, problems and breeding. Written for Australian conditions. \$12 post paid anywhere in Australia. L Marold, PO Box 54, CASTLEMAINE 3450.

**'EARTHWISE WOMEN':** quarterly national magazine connecting women who care for the environment. Subscription \$20 per year. PO Box 38, INMAN VALLEY 5211. Ph/fax: 08-8558-8376.

**'BEST OF MATES'** - Discover the joys of gardening, including herbs and their companions, growing your own fruit & vegies, and much more with this illustrated A4 guide. Value at only \$14.95 incl p&p. Gremlin Graphics, PO Box 1192, Oxley 4075. Ph/fax: 07-3379-3353.

**A FREE INTRODUCTORY BOOKLET** is avail from the Spiritual School of the Golden Rosycross, the Lectorium Rosicrucianum: for those who seek liberation from the wheel of birth & death and who long to follow the way of the universal Christ mysteries; and learn the age old method of writing the liberating gospel in their hearts. Phone or write: Lectorium Rosicrucianum, PO Box 234, EMERALD 3782. Ph: 03-5964-8243.

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**'WOODCRAFT TRADITIONS REVIVED'**. Detailed information on selecting, restoring and using the traditional hand tools of the Australian pioneering era: axe, broad-axe, maul & wedges, cross-cut saw etc, with notes on timber species and their properties. Limited ed, hand bound, A5, 48 pp, illust. Price \$25 incl p&p, or send SAE for list titles in 'Environmental Living' series. Indian Head Press, PO Box 158, BEMBOKA NSW 2550.

**GRASS ROOTS '84-'97**. Nos 41-124 (& beyond for postage) best offer around \$175. Also, *War Machine* complete set (144 editions) in binders, best offer around \$200. Ph: 02-4787-7432.

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**EARTHWORMS**. Books and videos on all aspects of worm farming: for profit, gardening, bait, waste management. Free list from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049. Ph/fax: 08-8377-2668.

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**'NATURAL HEALTH'**, the magazine of the Natural Health Society. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 0247-215-068.

**'WARM EARTH'** is Australia's only organic growing magazine - all about growing fruit, vegies & herbs organically in the home garden or small acreage. Managing poultry & animals, plus growing native trees & shrubs, ground covers & ornamentals. Info about health issues & how to achieve a healthier & happier lifestyle. Avail in newsagents or subscribe now \$19 pa. Warm Earth Publishing, 'Kiah' Cottage, Kenilworth 4574.

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See page 79 for details

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**BOOKS - ALL VARIETIES**, incl poultry, farm, etc. We sell, buy, search. Send SAE to: Pamela Linnane, PO Box 263, MAYFIELD 2304. Ph: 049-683-699.

**'OWNER BUILDER' MAGAZINE**. Building a home? *Owner Builder* Magazine gives Grassroots people inspiration, encouragement and downright sound technical information. *Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 03-5468-1899.

**'NATURAL HORSE CARE', BY PAT COLEBY**, available from *Grass Roots*. See last page of this issue for ordering details.

**'ALTERNATIVE PLANS 9th Edition Catalogue - 1997'**. The 9th edition of this popular catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle & recreational construction plans, home-based businesses, solar panel making & powered water pumps, water purification, biological building, chemical hazards, earth energy fields & infrasound. Other titles include steam engine & methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens & water heaters, vortex tube plans, free energy machines and magnetic engines & generators. For your catalogue, send A\$5 cash or money order to: Alternative Plans, PO Box 487, ASH-GROVE, Qld 4060. Or, 33 Woodview St, SAMFORD, Qld 4520.

**'THE SEED SAVERS' HANDBOOK'** by Michel and Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

**'AUSTRALIAN TOBACCO'**. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$15 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

**BOOKS. NEW AND OLD**. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**EARTHWORMS**. Learn how to breed them for gardening, composting, fishing, selling. Free booklist from: WormWide Books, 20 Forest Ave (G), KINGSTON PARK 5049 (formerly Mooloolaba). Ph/fax: 08-377-2668.

**'HEALTHY LAND FOR HEALTHY CATTLE'** by Pat Coleby. This book will enable you to keep your stock in perfect health the natural way. Available from *Grass Roots* for \$18.95 plus \$2.50 p&p. See last page of GR for details.

## CONTACTS

### NEW SOUTH WALES

**ATTRACTIVE**, intelligent, fun-loving woman in late 30s seeks university educated man of similar age and interests. Into health, fitness, outdoors, the arts, warm-hearted, SOH, financially secure, lives near lower Blue Mountains, photo appreciated. Send to: KM (GR124), C/- PO Box 242, EUROA 3666.

**RECLUSIVE (BY CHOICE)** Aquarian, 46, sunny nature, enjoys life, SOH, sensual, fit, rugged good looks, muscular build, 5'9", seeks slim together lady, 35-45, who enjoys quiet life, beautiful secluded bush setting, north east coast, poetry, literature, art, ocean, alternative lifestyle, gardening, bushwalking. RA (GR124), C/- PO Box 242, EUROA 3666.

**NATURE LOVING WOMAN**, 40s, loves bushwalking, camping, romantic dinners. Meet GR man 40s-50s, single dad preferred. 'RS' (GR124), C/- PO Box 242, EUROA 3666.

**I'M A MEHER BABA FOLLOWER**. I've just come back from pilgrimage and I'm very lonely up on the New England. Any confirmed Meher Baba lovers out there, please contact Sylvee on 02-6736-3557.

**C'ME ESCRIBIRÁ**, woman 40, seeks pen friend, native of Spain or Latin America for Spanish/English correspondence. Lm Triangle, Mullaley, NSW 2379.

**MALE, FIFTY**, widower, fit, n/s, occasional drinker, no drugs, wishes to share home and farm life in the bush around nth coast area, if possible NSW, with open-minded lady similar age or younger. I enjoy gardening and can do most things including cooking. I love the alternative lifestyle. Write to: Matt, Brigalow Caravan Park, URUNGA 2455, incl ph no.

**WELL EDUCATED** Filipina, 36, working, caring, likes cooking, home business, travelling, seeking perm r/ship with view of marriage to n/s, n/d, practical bible believing Christian, financially secure, age to 45, single. Ph: 07-5485-4122.

**PEACEFUL, INTELLIGENT WIDOW**, many interests, seeks compatible, affectionate male with SOH, integrity, to share GR lifestyle. Photo appreciated. Capricorn (GR 124), C/- PO Box 242, EUROA 3666.

**LEO MALE**, 33 yrs, looking to settle in rural Australia with a woman of similar interests. Some of these include computers, gardening and quiet times. I like people, kids and animals. Non-smoker, s/d. Wants love and fresh air. Please write: PO Box 84, CORRIMAL NSW 2518.

**QUIET, CARING, EASY-GOING**, spontaneous, male, 35, s/d-n/s, likes meditation, movies, travelling, walks. I am interested in Buddhism, sustainable farming, grassroots stuff. Living in the central western and far western NSW. I am looking for my soul mate! Attractive feminine woman, 24-40, who is caring, loving, who takes life's up & downs with a smile and a positive attitude. Write: David (GR124), C/- PO Box 242, EUROA 3666.

*If you doubt the wisdom of replying to any ad - trust your intuition*

# GRASSIFIEDS

## CONTACTS

### NEW SOUTH WALES

**MICHAEL IS A** 59 y/o Cancerian, who has long white hair (nothing false), looks are OK, he is honest, caring, tolerant and practical, interested in music, good books, herbal medicine, aromatherapy, cooking, and is domesticated, is a n/s, n/d. He is seeking a seeker who is a lady about the same age and knows about Wida, an it harm none. If you are seeking a meaningful friendship and possible r/ship then why not drop me a line? Michael, 21 Herschell St, Port Macquarie NSW 2444.

**PERSONABLE MALE**, youthful 60s, 179 cm, slim, scientist, writer, artist, living quietly, SE coast. Creative, practical, realistic, different. Interests: classical music, nature, wine, internet. Seeking interesting, attractive, 50ish fem. No drugs, religion. Reply: RR, PO Box 173, BATEMANS BAY 2536.

**NATURE LADY**, 50 yrs, seeks male contact. Ph: 02-6583-6632.

**NORTH COAST**, handsome, medium build, blue eyes, 37 y/o male. I love the simple pleasures and the aesthetics of home life. I own small acreage and beautiful older style home and like to grow organic fruit & vegetables. I am interested in natural healing and improving life quality through diet, massage, yoga etc. I also enjoy beach and nature walks, camping, moonlit nights, music, cooking, fishing, good conversation and am father to a sprightly 6 y/o son. I would like to meet an attractive, quiet natured lady mid 20s to late 30s with similar interests, who is energetic, loving, caring and content to share love and life. Reply with photo to: DB (GR 124), C/- PO Box 242, EUROA 3666.

#### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

### QUEENSLAND

**AN INTELLECTUAL LADY**, former professional also using her right side, seeks n/s man 50s. She is healthy, shy, financially secure, of independent mind, well-read and moving with her spiritual growth. He needs to be similar, empathic, wide world view, aware of himself and have sense of the sacred. Alison (GR 124), C/- PO Box 242, EUROA 3666.

**COUNTRYMAN**, 59 y/o, 5'8 1/2", n/s, s/d, 12 stone, nonreligious, sensitive, dances, travelled OS, semi-retired, self-employed, seeks woman who knows & loves country living, can give TLC, has energy & enthusiasm, no bookworms please. Ph: 079-958-128.

DEADLINES: GR 125 - DEC 20TH  
GR 126 - FEB 30TH

**COUNTRY GENTLEMAN**, mid 40s, self-musician with chromatic mouth organs and accordians, reared around tropical jungle, conservationist and nature guide working with WWOOFs, honest, self-sufficient but not wealthy, marriage-minded, man of the land and family-minded, s/d, s/s. My interests include camping and travelling. Seeking sincere lady with similar interests, homely integrity, and a love of animals, willing to share in domestic duties, compatibility is more important than age. Ph Don: 070-953-469.

**FEMALE, THIRTY**, likes conversation, wit, romantic dinners, gardening, Hawkwind, stargazing, candles, *Nexus*. Seeking intelligent, honest, caring man to 45. Heart and mind important, appearance and age not. Write to: Sue (GR 124), C/- PO Box 242, EUROA 3666.

**IF YOU'RE LOOKING FOR** an alternative lifestyle, you're fit, 30-45, adventurous, affectionate, love country life, could spend 6-8 months a year on the opal fields of NSW, 4-6 months on acreage near the coast. Settle down with a tall, romantic, understanding guy who loves nature and knows how to treat his lady, please call Tony: 079-826-067.

**HAPPY GENT**, 58, s/s, s/d, divorced, caring, considerate, lives GR lifestyle, has cottage on acres, Blackbutt Ranges. Loves animals, bush solitude. Seeking lifetime partner, feminine, loving, honest, SOH and living close to nature. Neil: 071-630-507 evenings.

**FRENCH LADY**, early 40s, n/s, n/d, slim, attractive, caring, likes animals and nature. Seeks n/s, n/d, financially secure gentleman over 50 y/o without ties: Must like animals, peace and privacy on large acreage. Pensioner OK. Area: north or subtropical Qld. Isabelle (GR 124), C/- PO Box 242, EUROA 3666.

**MALE, 42, LIBRAN**, into honesty, truthfulness, fairness, equality. I am educated, enjoy country living and have extensively travelled. I believe in healthy living, kindness, consideration and unconditional love. I am romantic, of good appearance, with an open mind and with concern about environmental issues. I enjoy people, music, cooking, photography, gardening, movies and camping. Would like to correspond with a woman who is affectionate, uncomplicated, knows what they are about, is emotionally available and easy-going, who is genuinely unattached and interested in a long-term r/ship. Should be comfortable with themselves and their feelings and be understanding. Reply: MP, PO Box 52, COOROY 4563.

**FORTY-TWO YEAR OLD**, warm-hearted, energetic Libran woman with a passion for tree planting and alternative healing seeks sensitive hairy man with 'fire in his belly'. If you are a father all the better. I would appreciate it if you were in your power and had an awareness of the energies around you. Sunshine Hinterland. Reply to: SCH (GR 124), C/- PO Box 242, EUROA 3666 (with a recent photo).

**CELTIC LASS**, full of fire, 32 yrs, seeks relaxed, open, intelligent male with SOH. Enjoys music, outdoors, conversation. Mary, PO Box 31, GRANGE 4051.

**COUNTRY TOWN LIVING**, 1 1/2 hrs Sunshine coast & Brisbane, educated 66 male, home, cars, no ties, s/d, n/d, seeks lady 60s, companion/partner, view marriage if compatible. Ph: 07-5424-7255.

#### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR.

We will re-address & forward it.  
Don't forget to put the issue number on reply, i.e: Skye (GR 124) ...

### VICTORIA

**AQUARIAN** gay guy, 41 y/o, nonsmoker, social drinker, reasonable looks. Into GR lifestyle, in South Gippsland. Wanting to contact similar guys or younger, any nationality for friendship etc. Reply: G A (GR 124), C/- PO Box 242, EUROA 3666.

**MALE FIFTIES**, easy-going, wishes to spend 1 or 2 years travelling around Australia. Interests are geology, bush and beaches. Wants travelling companion/share expenses. Replies to: Jack (GR 124), PO Box 242, EUROA 3666.

**ORGANIC FARMER**, hardworking, healthy, happy and honest. Clean living nonsmoker, social drinker, gentleman, 35 y/o from S/W Vic. Interests include: reading, working with animals, music, camping, cooking, nature, alternative therapies/medicine, Reiki, environmental issues. Seeking friendship/permanent relationship with a special lady 29-40 years. All replies answered. Paul (GR 124), C/- PO Box 242, EUROA 3666.

**QUIET, COMPASSIONATE FELLOW**, early 40s, 5'6", artistic, spiritual, slim and healthy, seeks lady early 30s, in a r/ship of depth and trust. Ph: Mick on 03-5346-1527 or write: RSD 2676, DEREEL, Vic 3352.

### SOUTH AUSTRALIA

**LADY**, 47, enjoys farm living, gardening, reading, seeking male partner, share love & future together, financial partners on your property or mine. Reply: Bush Retreat (GR 124), C/- PO Box 242, EUROA 3666.

**SA AUSSIE GENT**, sense of humour, n/s, s/d, 50s. Seeks thin woman for perm companion, to live with him in modern brick unit. Nationality open. Photo please. S J (GR 124), C/- PO Box 242, EUROA 3666.

### TASMANIA

**QUIET WOMAN**, gentle, capable, independent, late 50s, slim, n/s. Interested and active in GR principles, simple pleasures, golf, nature. Seeks contact with happy, positive thinking, respectful person. Hoping to move to Vic 1988. Spring (GR 124), C/- PO Box 242, EUROA 3666.

## CONTACTS

### WESTERN AUSTRALIA

**SAGITTARIAN WOMAN**, 42, never cured of wanderlust, adventurous, playful, organised (a wee bit fussy), fabulous hostess, fond of beautiful things. Looking for a good man. I love gardening, s/d, s/s, the company of good friends, the scent of coconut and frangipani, telling good stories, laughing, music, cultural diversity and my dog. I've lived in cities, in the bush, up mountains, on the coast, in the desert, both in Australia and overseas. I've worked in design and the arts. Now travelling widely working in Aboriginal arts. Need my independence but will always be loyal. Man wanted: adventurous, loyal, generous, creative, humorous, sense of aesthetics, broad perspective, ethical, intelligent, practical, healthy lifestyle, finishes what he starts, living or wanting to live somewhere in the tropics. Children OK. I feel a bit shy about this but would love to hear from sincere respondent, photo appreciated. All letters answered. CLL, PO Box 2592, BROOME, WA 6725.

### LATE GRASSIFIEDS

**MALE, FORTY-SEVEN** who dislikes traffic, parking meters and loud people. Looking for compact lady, 40-50, for peaceful places and friendship. NQ (GR 124), C/- PO Box 242, EUROA 3666.

**NORTH-WEST TASMANIA**, 9.902 ha, f/hold, 1/2 area beautiful rainforest, rest heavily treed. Hut, S/C/stove, estab vegie gardens, fruit trees etc. Basalt soil, good clean water supply. \$42,000. For more info contact: H Lee, LORINNA, Tas 7306.

**JENNY LANCASTER** of Alice Springs. Could you please contact *Grass Roots* with your postal address as we have a letter here to send on to you. *Grass Roots*, PO Box 242, EUROA 3666.

**INCUBATORS**, all poultry equipment, nests, feeders, drinkers, leg rings, wide range of books, medications. New edition illustrated Mail Order Catalogue now avail. \$6. Bellsouth Poultry, Box 1233, Narre Warren 3805. Ph: 03-9796-7044.

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**WANTED: MOUNTED DEER HEAD**, second-hand and cheap for Xmas present. Please phone Helen: 03-5794-7256 BH. (Seymour area, Vic.)

**PAM COLE'S 'COTTONWOOL SANDWICHES'**, Tales Of a Country Childhood'. Pam Cole has written many articles for *Grass Roots* in recent years and has now had published her delightful book 'Cottonwool Sandwiches'. It's a fantastic read accompanied by black and white photos that will take you back in time. Available from your local bookstore. Published by Kangaroo Press/Simon & Schuster, PO Box 507, EAST ROSEVILLE 2069. Ph: 02-9417-3255.



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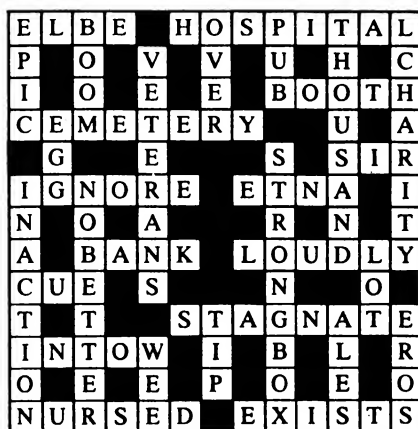
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*Continued from page 75.*



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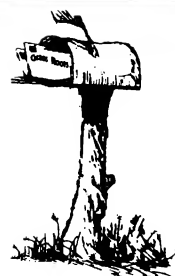
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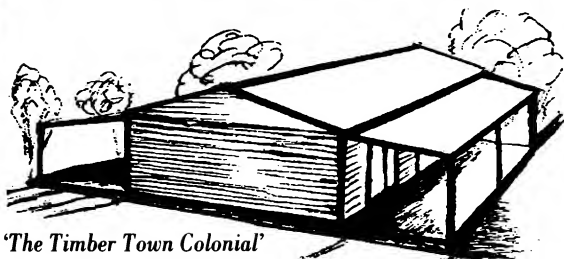
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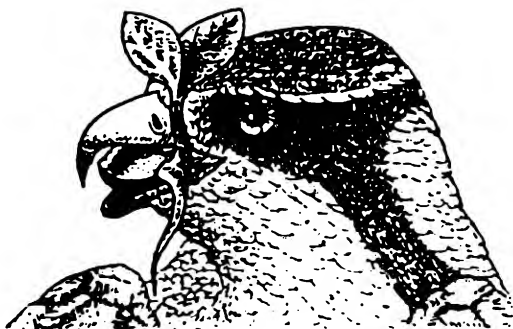
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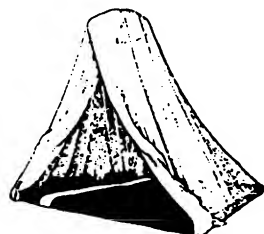
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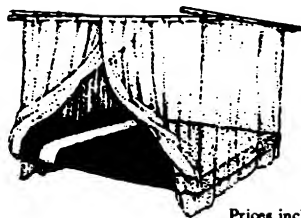
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